



Hearty Meat Sauce

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

254 kcal

SAUCE

Ingredients

- ☐ 14.5 ounce canned tomatoes diced peeled drained canned
- ☐ 6 mushrooms fresh coarsely chopped
- ☐ 0.5 pound ground beef
- ☐ 1 bell pepper diced red
- ☐ 32 ounce spaghetti sauce
- ☐ 1 bell pepper diced yellow

Equipment

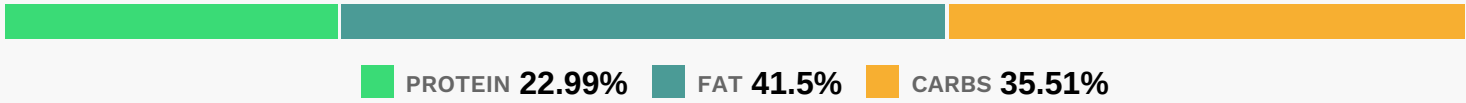
- ☐ frying pan

☐ pot

Directions

- ☐ In a skillet over medium heat, brown the ground beef until no pink shows; drain.
- ☐ In a large pot combine browned beef and spaghetti sauce over medium heat for 5 or 10 minutes.
- ☐ Add yellow peppers, red peppers, canned tomatoes and mushrooms. Lower heat and simmer covered for 30 minutes, stirring every once in a while.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:6.58, Inflammation Score:-9, Nutrition Score:26.197826312936%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 253.7kcal (12.68%), Fat: 12.56g (19.33%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 17.64g (6.41%), Sugar: 14.44g (16.04%), Cholesterol: 40.26mg (13.42%), Sodium: 1251.94mg (54.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin C: 118.63mg (143.8%), Vitamin A: 2193.95IU (43.88%), Potassium: 1349.02mg (38.54%), Vitamin B3: 7.54mg (37.7%), Vitamin B6: 0.73mg (36.37%), Vitamin E: 5.26mg (35.04%), Copper: 0.62mg (30.79%), Iron: 5.03mg (27.93%), Fiber: 6.55g (26.19%), Manganese: 0.52mg (25.93%), Vitamin B2: 0.44mg (25.77%), Zinc: 3.43mg (22.85%), Phosphorus: 224.38mg (22.44%), Vitamin B12: 1.23µg (20.42%), Selenium: 13.39µg (19.13%), Vitamin B5: 1.86mg (18.65%), Magnesium: 74.05mg (18.51%), Folate: 64.26µg (16.07%), Vitamin B1: 0.2mg (13.64%), Vitamin K: 14.28µg (13.6%), Calcium: 83.15mg (8.32%)