



 6%  
HEALTH SCORE

## Hearty Spaghetti Sauce

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



25

CALORIES



251 kcal

SAUCE

### Ingredients

- 2 bay leaves
- 1.5 pounds ground sausage italian
- 15 ounces tomato sauce canned
- 3 medium carrots finely chopped
- 0.5 pound mushrooms fresh sliced
- 0.5 pound mushrooms fresh sliced
- 3 garlic clove minced
- 1 medium bell pepper green chopped

- 1.5 pounds ground beef
- 0.3 teaspoon ground cinnamon
- 2 teaspoons seasoning italian
- 2 large onion chopped
- 2 teaspoons oregano dried
- 0.5 teaspoon pepper
- 6 ounces pepperoni diced sliced
- 1 teaspoon salt
- 84 ounces stewed tomatoes canned
- 2 tablespoons sugar
- 18 ounces canned tomatoes canned
- 1 cup water

## Equipment

- dutch oven

## Directions

- In a Dutch oven, cook beef and sausage over medium heat until no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 2–3 hours or until sauce reaches desired consistency, stirring occasionally.
- Discard bay leaves.
- Serve immediately. Or cool and pour into jars; cover and refrigerate.

## Nutrition Facts



**PROTEIN 18.92%** **FAT 61.54%** **CARBS 19.54%**

## Properties

Glycemic Index:17.36, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:13.263478330944%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## **Nutrients (% of daily need)**

Calories: 250.97kcal (12.55%), Fat: 17.53g (26.97%), Saturated Fat: 6.42g (40.16%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 10.09g (3.67%), Sugar: 7.16g (7.96%), Cholesterol: 46.61mg (15.54%), Sodium: 743mg (32.3%), Alcohol: 0g (100%), Protein: 12.12g (24.24%), Vitamin A: 1528.35IU (30.57%), Selenium: 15.43µg (22.04%), Vitamin B3: 4.25mg (21.27%), Vitamin C: 16.79mg (20.35%), Vitamin B1: 0.28mg (18.47%), Potassium: 581.63mg (16.62%), Iron: 2.92mg (16.24%), Vitamin B6: 0.32mg (15.99%), Vitamin B12: 0.93µg (15.43%), Zinc: 2.2mg (14.66%), Phosphorus: 146.28mg (14.63%), Vitamin B2: 0.24mg (14.27%), Copper: 0.28mg (14.12%), Manganese: 0.24mg (12.13%), Vitamin E: 1.6mg (10.68%), Fiber: 2.43g (9.73%), Vitamin B5: 0.89mg (8.91%), Magnesium: 33.05mg (8.26%), Vitamin K: 8.16µg (7.77%), Calcium: 65.55mg (6.56%), Folate: 21.39µg (5.35%), Vitamin D: 0.15µg (1.01%)