



Italian Meat Sauce



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



28

CALORIES



97 kcal

SAUCE

Ingredients

- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano chopped canned
- ☐ 3 pounds extra-lean ground beef
- ☐ 1.5 teaspoons garlic minced
- ☐ 2 medium size bell peppers green chopped
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 2 large onions chopped
- ☐ 52 ounce vegetable pasta sauce
- ☐ 1.5 teaspoons pepper

☐ 24 ounce no-salt-added tomato sauce canned

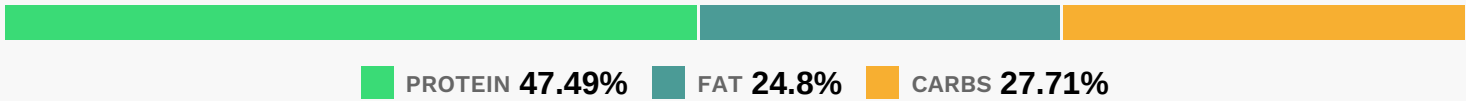
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook ground beef and next 3 ingredients, in batches, in a large Dutch oven over medium-high heat, stirring until meat crumbles and is no longer pink.
- ☐ Drain well, and return to pan. Stir in pasta sauce and remaining ingredients.
- ☐ Bring to a boil, and reduce heat to medium-low; cover and simmer, stirring occasionally, 45 minutes. Uncover and simmer, stirring occasionally, 45 minutes or until sauce is thickened.
- ☐ Note: For testing purposes only, we used Classico Traditional Favorites Garden Vegetable Primavera Pasta Sauce.

Nutrition Facts



Properties

Glycemic Index:6.93, Glycemic Load:1.6, Inflammation Score:-5, Nutrition Score:9.6630433771921%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 96.91kcal (4.85%), Fat: 2.73g (4.21%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.1g (4.56%), Cholesterol: 30.13mg (10.04%), Sodium: 439.57mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.57%), Vitamin C: 15.8mg (19.15%), Vitamin B3: 3.7mg (18.52%), Zinc: 2.72mg (18.14%), Vitamin B12: 1.09µg (18.14%), Vitamin B6: 0.33mg (16.71%), Potassium: 486.28mg (13.89%), Selenium: 9.04µg (12.91%), Phosphorus: 128.02mg (12.8%), Iron: 2.3mg (12.76%), Vitamin E: 1.5mg (10.03%), Vitamin B2: 0.15mg (8.87%), Vitamin A: 402.24IU (8.04%), Copper: 0.16mg (7.94%), Manganese: 0.16mg (7.87%), Fiber: 1.87g (7.46%), Magnesium: 27.99mg (7%), Vitamin B5: 0.61mg (6.1%), Vitamin K: 4.89µg (4.66%), Vitamin B1:

0.06mg (4.14%), Folate: 14.95µg (3.74%), Calcium: 30.61mg (3.06%)