



Italian Meat Sauce I

READY IN



345 min.

SERVINGS



12

CALORIES



661 kcal

SAUCE

Ingredients

- 43.5 ounce tomatoes diced with juice canned
- 1 cup bread crumbs dry
- 2 eggs
- 4 tablespoons parsley fresh divided chopped
- 6 cloves garlic sliced
- 3 tablespoons garlic powder
- 2 pounds ground sirloin
- 2 pounds sausage sweet italian
- 4 tablespoons olive oil

- 1 onion chopped
- 2 tablespoons oregano dried
- 0.3 cup parmesan cheese grated
- 1 pound pork meat cubed
- 1 cup romano cheese grated
- 12 servings salt and pepper to taste
- 6 ounce tomato paste canned
- 45 ounce seasoned tomato sauce canned
- 6 cups water

Equipment

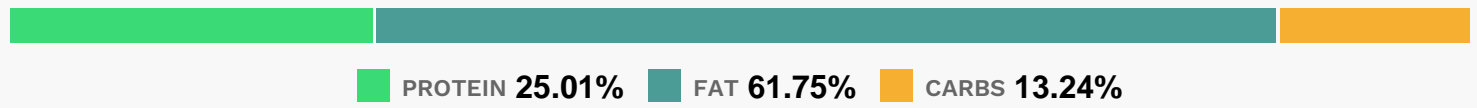
- bowl
- frying pan
- baking sheet
- oven
- pot
- aluminum foil

Directions

- In large pot heat 2 tablespoons olive oil over low heat.
- Add chopped onion and two-thirds of sliced garlic.
- Saute 5 minutes.
- Add tomato sauce, diced tomatoes, water and tomato paste. Simmer.
- Meanwhile, in large skillet, heat remaining 2 tablespoons of olive oil over medium heat.
- Saute remaining garlic 1 to 2 minutes.
- Add sausage and brown, about three minutes on each side. After browning, cover and reduce heat. Cook for 10 minutes, remove from heat, and cut sausages into halves.
- Add to tomato mixture.
- Cook pork over medium heat in sausage skillet until brown.

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- Add 3 tablespoons parsley, Romano, oregano, salt and pepper to tomato sauce. Continue to simmer over low heat.
- Preheat oven to 375 degrees F (190 degrees C). Cover a cookie sheet with aluminum foil. In large bowl combine ground sirloin, bread crumbs, garlic powder, remaining parsley, parmesan and eggs. Form 1 inch balls and place on cookie sheet. Cook until golden brown, about 20 minutes.
- Add meatballs to sauce. Continue to cook sauce for 5 hours.
- Serve over fusilli or ravioli.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:2.75, Inflammation Score:-9, Nutrition Score:31.178695906763%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 661.17kcal (33.06%), Fat: 45.44g (69.9%), Saturated Fat: 16.1g (100.63%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 17.86g (6.5%), Sugar: 8g (8.89%), Cholesterol: 171.42mg (57.14%), Sodium: 1743.43mg (75.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.4g (82.8%), Selenium: 51.09µg (72.99%), Vitamin B3: 12.58mg (62.88%), Vitamin B6: 1.12mg (55.81%), Phosphorus: 494.32mg (49.43%), Vitamin B1: 0.68mg (45.34%), Vitamin B12: 2.63µg (43.86%), Zinc: 6.08mg (40.52%), Vitamin K: 38.54µg (36.7%), Potassium: 1205.89mg (34.45%), Iron: 6.03mg (33.49%), Vitamin B2: 0.54mg (31.5%), Vitamin C: 23.23mg (28.16%), Vitamin E: 3.73mg (24.84%), Calcium: 237.46mg (23.75%), Manganese: 0.47mg (23.27%), Copper: 0.42mg (20.87%), Vitamin B5: 2.08mg (20.83%), Magnesium: 80.18mg (20.05%), Vitamin A: 847.4IU (16.95%), Fiber: 4.06g (16.25%), Folate: 52.28µg (13.07%), Vitamin D: 0.32µg (2.1%)