



## Jan's Yummy Spaghetti

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 48 ounce tomato sauce canned
- ☐ 15 ounce canned tomatoes chopped canned
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 5 cloves garlic minced
- ☐ 1 pound pd of ground turkey
- ☐ 1 pound mild sausage links to package directions and coin italian
- ☐ 1 onion chopped

- ☐ 1 tablespoon oregano dried
- ☐ 16 ounce pasta like spaghetti
- ☐ 12 ounce tomato paste canned
- ☐ 1 tablespoon sugar white

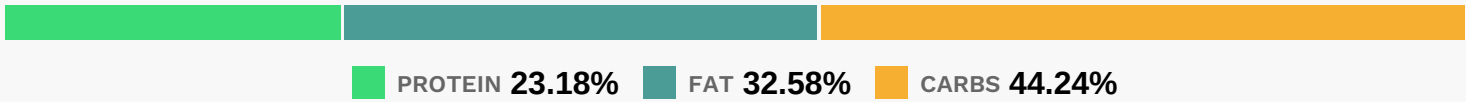
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Bring a pot of water to a boil; cook sausage in the boiling water until partially cooked, about 5 minutes.
- ☐ Remove sausage from water and slice.
- ☐ Heat a large skillet over medium-high heat. Cook and stir ground turkey, onion, and garlic in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir sausage, tomato sauce, chopped tomatoes, tomato paste, sugar, oregano, basil, and parsley into ground turkey; bring to a boil, stirring frequently. Reduce heat and simmer, stirring occasionally, until flavors have blended and sausage is fully cooked, about 1 hour.
- ☐ Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- ☐ Drain and transfer spaghetti to a serving bowl; top with sauce. Toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:40.39, Glycemic Load:23.51, Inflammation Score:-9, Nutrition Score:29.968695381413%

## Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg,

Isorhamnetin: 1.52mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg  
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin:  
2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 559.1kcal (27.95%), Fat: 20.59g (31.68%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 62.91g (20.97%),  
Net Carbohydrates: 55.93g (20.34%), Sugar: 13.93g (15.48%), Cholesterol: 74.28mg (24.76%), Sodium: 1381.9mg  
(60.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.91%), Selenium: 64.44µg (92.06%),  
Vitamin B3: 11.27mg (56.37%), Vitamin B6: 1.1mg (55.1%), Manganese: 1.07mg (53.36%), Phosphorus: 403.17mg  
(40.32%), Potassium: 1278.04mg (36.52%), Vitamin B1: 0.53mg (35.53%), Copper: 0.64mg (32.01%), Iron: 5.52mg  
(30.64%), Vitamin C: 23.78mg (28.82%), Fiber: 6.98g (27.91%), Magnesium: 107.17mg (26.79%), Vitamin E: 3.94mg  
(26.28%), Vitamin K: 25.83µg (24.6%), Zinc: 3.56mg (23.71%), Vitamin B2: 0.37mg (21.79%), Vitamin A: 976.05IU  
(19.52%), Vitamin B5: 1.86mg (18.65%), Vitamin B12: 0.81µg (13.42%), Folate: 53.17µg (13.29%), Calcium: 110.76mg  
(11.08%), Vitamin D: 0.23µg (1.51%)