



Jeanne's Slow Cooker Spaghetti Sauce



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



12

CALORIES



179 kcal

SAUCE

Ingredients

- ☐ 5 bay leaves
- ☐ 15 peppercorns whole black
- ☐ 10 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1.5 teaspoons basil dried
- ☐ 1 teaspoon marjoram dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.5 pound extra ground beef lean

- ☐ 0.3 cup extra olive oil light
- ☐ 3 cloves garlic pressed
- ☐ 1 small bell pepper green minced
- ☐ 0.5 pound extra-lean ground turkey breast
- ☐ 3 onions chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 6 ounce tomato paste canned
- ☐ 0.5 pound turkey kielbasa chopped
- ☐ 6 baby squash diced yellow

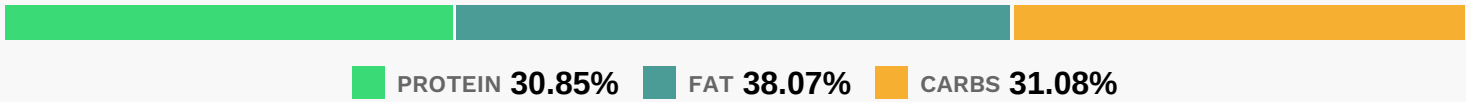
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a slow cooker, combine crushed tomatoes, diced tomatoes, tomato paste, tomato sauce, and kielbasa. Set slow cooker to High.
- ☐ Heat olive oil in a large, deep skillet over medium heat. Cook onions, squash, green pepper, and garlic in oil until onions are translucent.
- ☐ Transfer vegetables to the slow cooker.
- ☐ Place ground beef and ground turkey in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble finely, and transfer to slow cooker. Season with bay leaves, peppercorns, basil, marjoram, thyme, and oregano.
- ☐ Cover, and cook on High for 2 hours.
- ☐ Remove lid, and cook 1 hour more.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:3.43, Inflammation Score:-7, Nutrition Score:16.816956494166%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 178.54kcal (8.93%), Fat: 8.01g (12.32%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 10.81g (3.93%), Sugar: 8.47g (9.41%), Cholesterol: 32.13mg (10.71%), Sodium: 469.87mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.6g (29.21%), Vitamin C: 38.79mg (47.01%), Vitamin B6: 0.73mg (36.31%), Vitamin B3: 5.35mg (26.74%), Iron: 4.53mg (25.15%), Manganese: 0.45mg (22.58%), Potassium: 782.35mg (22.35%), Phosphorus: 196.04mg (19.6%), Selenium: 12.75µg (18.21%), Vitamin B2: 0.29mg (17.19%), Vitamin K: 17.13µg (16.31%), Fiber: 3.91g (15.63%), Zinc: 2.34mg (15.59%), Vitamin E: 2.26mg (15.1%), Copper: 0.29mg (14.71%), Magnesium: 55.96mg (13.99%), Folate: 51.98µg (13%), Vitamin B1: 0.16mg (10.98%), Vitamin A: 538.98IU (10.78%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.78mg (7.84%), Calcium: 68.25mg (6.82%)