



WHATSheATE



Jo Mama's World Famous Spaghetti

Popular

READY IN



80 min.

SERVINGS



10

CALORIES



666 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 teaspoons basil
- ☐ 1.5 teaspoons brown sugar
- ☐ 30 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 teaspoons parsley flakes dried
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon coarse ground pepper fresh black
- ☐ 2 lbs sausage italian hot (mild or)

- ☐ 10 servings parmesan cheese
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.3 cup red wine good (a Cabernet!)
- ☐ 1 teaspoon salt
- ☐ 1 lb pasta like spaghetti thin
- ☐ 12 ounce tomato paste canned
- ☐ 2 cups water for flavors to meld. if you don't want to simmer it as long, add less (for a long period of simmering)

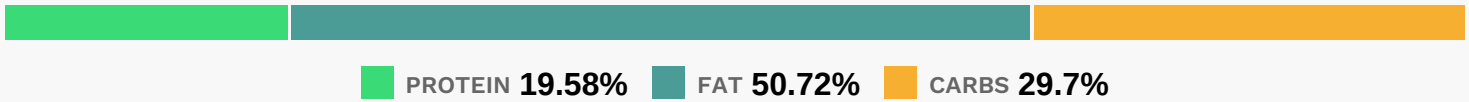
Equipment

- ☐ pot

Directions

- ☐ In large, heavy stockpot, brown Italian sausage, breaking up as you stir.2
- ☐ Add onions and continue to cook, stirring occasionally until onions are softened.3
- ☐ Add garlic, tomatoes, tomato paste, tomato sauce and water.4
- ☐ Add basil, parsley, brown sugar, salt, crushed red pepper, and black pepper.5 Stir well and barely bring to a boil.6 Stir in red wine.7 Simmer on low, stirring frequently for at least an hour. A longer simmer makes for a better sauce, just be careful not to let it burn!8 Cook spaghetti according to package directions.9 Spoon sauce over drained spaghetti noodles and sprinkle with parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:17.94, Inflammation Score:-7, Nutrition Score:26.202608854874%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg Peonidin: 0.08mg, Peonidin:

0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 665.52kcal (33.28%), Fat: 37.44g (57.6%), Saturated Fat: 15.36g (95.97%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 44.38g (16.14%), Sugar: 10.1g (11.22%), Cholesterol: 89.35mg (29.78%), Sodium: 1935.69mg (84.16%), Alcohol: 0.64g (100%), Alcohol %: 0.19% (100%), Protein: 32.53g (65.06%), Selenium: 59.27µg (84.67%), Phosphorus: 485.11mg (48.51%), Vitamin B1: 0.68mg (45.04%), Calcium: 436.36mg (43.64%), Manganese: 0.81mg (40.33%), Vitamin B6: 0.63mg (31.68%), Vitamin B3: 6.06mg (30.29%), Potassium: 957.46mg (27.36%), Copper: 0.53mg (26.57%), Zinc: 3.61mg (24.07%), Iron: 4.26mg (23.69%), Vitamin B2: 0.4mg (23.38%), Vitamin C: 18.51mg (22.44%), Magnesium: 87.12mg (21.78%), Vitamin B12: 1.19µg (19.76%), Fiber: 4.94g (19.75%), Vitamin E: 2.78mg (18.54%), Vitamin A: 863.64IU (17.27%), Vitamin B5: 1.38mg (13.81%), Folate: 40.09µg (10.02%), Vitamin K: 9.52µg (9.06%)