



LaDonna's Spaghetti with Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 29 ounce tomato sauce canned
- ☐ 1 cup carrots finely grated
- ☐ 1 pound mushrooms fresh quartered
- ☐ 5 cloves garlic minced
- ☐ 12 servings ground pepper black to taste
- ☐ 4 tablespoons penzey's southwest seasoning italian
- ☐ 2 pounds ground beef lean
- ☐ 1 onion chopped

- ☐ 12 servings salt to taste
- ☐ 2 pounds pasta like spaghetti
- ☐ 46 fluid ounce sacremento tomato juice canned
- ☐ 12 ounce tomato paste canned

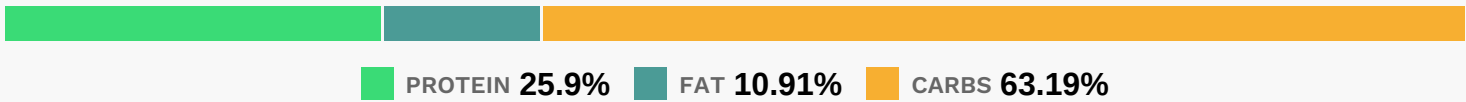
Equipment

- ☐ pot

Directions

- ☐ Cook ground beef and onion over medium heat till done.
- ☐ Drain off grease.
- ☐ Combine beef and onion, tomato juice, tomato paste, tomato sauce, grated carrots, seasoning, mushrooms, garlic, and salt and pepper in a large pot. Simmer 2 to 3 hours on very low heat.
- ☐ Cook pasta according to package directions.
- ☐ Drain.
- ☐ Serve sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:27.99, Glycemic Load:27.72, Inflammation Score:-9, Nutrition Score:31.335217548453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 468.71kcal (23.44%), Fat: 5.77g (8.87%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 75.15g (25.05%), Net Carbohydrates: 67.42g (24.52%), Sugar: 12.42g (13.8%), Cholesterol: 46.87mg (15.62%), Sodium: 770.28mg

(33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.6%), Selenium: 66.02µg (94.32%), Manganese: 1.2mg (59.78%), Vitamin A: 2412.48IU (48.25%), Vitamin B3: 9.42mg (47.08%), Phosphorus: 399.85mg (39.98%), Vitamin B6: 0.78mg (39.08%), Zinc: 5.75mg (38.31%), Copper: 0.76mg (37.96%), Potassium: 1243.92mg (35.54%), Iron: 6.17mg (34.27%), Fiber: 7.73g (30.93%), Vitamin B12: 1.71µg (28.48%), Vitamin B2: 0.46mg (26.84%), Magnesium: 105.9mg (26.48%), Vitamin C: 20.36mg (24.68%), Vitamin E: 3.44mg (22.9%), Vitamin K: 21.72µg (20.69%), Vitamin B5: 2.05mg (20.47%), Vitamin B1: 0.27mg (17.95%), Folate: 56.17µg (14.04%), Calcium: 116.65mg (11.67%), Vitamin D: 0.15µg (1.01%)