



 **62%**
HEALTH SCORE

Lazy Day Turkey Meat Sauce (For Spaghetti)

 **Gluten Free**  **Very Healthy**

READY IN



255 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons basil
- 2 bay leaves
- 1 tablespoon butter
- 56 ounce tomatoes diced canned
- 0.1 cup celery leaves diced
- 2 garlic clove minced
- 1 tablespoon garlic powder
- 1 lb pd of ground turkey

- 1 lb turkey sausage italian
- 1 tablespoon olive oil
- 0.5 medium onion diced
- 1 tablespoon onion powder
- 2 tablespoons oregano
- 0.5 tablespoon pepper
- 0.3 teaspoon pepper red crushed
- 1 tablespoon salt
- 1 tablespoon sugar
- 12 ounces tomato paste
- 15 ounces tomato sauce

Equipment

- frying pan
- stove
- slow cooker

Directions

- In a large pan over medium heat melt the butter and olive oil. Once hot, add the onion, celery leaves and garlic.
- Saute until soft, about 5 minutes.
- Add the ground turkey and turkey sausage. Brown the meat, breaking it apart as it cooks. To a crock pot add the tomatoes, tomato sauce and paste and the remaining ingredients. Stir to combine. Set crock pot to low setting. Once meat is cooked through add it to the crock pot. Cook over low heat about 4 hours. This can also be cooked over the stove for less time, just make sure to stir every 10 minutes or so to keep it from burning.

Nutrition Facts



PROTEIN 35.14% FAT 29.73% CARBS 35.13%

Properties

Glycemic Index:102.77, Glycemic Load:10.24, Inflammation Score:-10, Nutrition Score:51.804782266202%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 567.09kcal (28.35%), Fat: 19.94g (30.68%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 40.81g (14.84%), Sugar: 31.2g (34.66%), Cholesterol: 129.99mg (43.33%), Sodium: 4632.31mg (201.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.04g (106.07%), Vitamin C: 99.86mg (121.04%), Iron: 20.52mg (113.99%), Vitamin B6: 2.25mg (112.6%), Vitamin B3: 21.89mg (109.47%), Selenium: 57.05µg (81.51%), Potassium: 2617.04mg (74.77%), Phosphorus: 670.59mg (67.06%), Vitamin E: 9.11mg (60.76%), Manganese: 1.09mg (54.67%), Vitamin A: 2673.93IU (53.48%), Fiber: 12.23g (48.9%), Copper: 0.96mg (48.21%), Vitamin K: 49.91µg (47.54%), Vitamin B2: 0.76mg (45%), Magnesium: 171.67mg (42.92%), Zinc: 6.02mg (40.11%), Vitamin B5: 2.93mg (29.32%), Vitamin B1: 0.44mg (29.31%), Calcium: 260.72mg (26.07%), Folate: 84.01µg (21%), Vitamin B12: 1.07µg (17.86%), Vitamin D: 0.45µg (3.02%)