



Lots O'Veggies Sausage Spaghetti Sauce

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



10

CALORIES



354 kcal

SAUCE

Ingredients

- 84 ounce tomatoes diced peeled canned
- 2 carrots shredded
- 4 ounces basil fresh julienned
- 1 tablespoon thyme leaves fresh chopped
- 10 ounce pkt spinach frozen thawed drained chopped
- 4 cloves garlic crushed
- 1 bell pepper diced green
- 1 pound sausage sweet italian

- 1 pound ground beef lean
- 12 ounces mushrooms sliced
- 0.3 cup olive oil
- 1 large onion diced
- 1 tablespoon oregano fresh
- 1 bell pepper diced red
- 10 servings salt and pepper to taste
- 1 tablespoon sugar white
- 1 zucchini sliced quartered

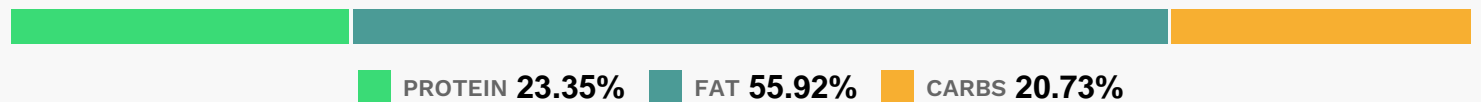
Equipment

- frying pan
- dutch oven

Directions

- In a medium skillet over medium heat, cook sausage and ground beef until brown.
- Drain, reserving 2 tablespoons drippings. Set aside.
- In a large stock pot or Dutch oven heat oil over medium heat. Cook onions in oil until translucent. Stir in green and red bell peppers, zucchini, mushrooms and carrots and cook until just tender. Stir in basil, spinach, thyme, oregano, garlic, sugar and salt and pepper. Cook 2 to 5 minutes.
- Pour in tomatoes, stir well, reduce heat, cover and simmer 3 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:41.09, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:33.793043333551%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 353.87kcal (17.69%), Fat: 22.74g (34.99%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 13.67g (4.97%), Sugar: 10.28g (11.42%), Cholesterol: 62.6mg (20.87%), Sodium: 930.9mg (40.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.73%), Vitamin K: 169.92µg (161.83%), Vitamin A: 6737.18IU (134.74%), Vitamin C: 59.01mg (71.53%), Vitamin B6: 0.83mg (41.53%), Vitamin B3: 7.58mg (37.9%), Manganese: 0.72mg (35.84%), Selenium: 24.62µg (35.17%), Potassium: 1132.64mg (32.36%), Vitamin B1: 0.48mg (32.14%), Vitamin B2: 0.54mg (31.74%), Iron: 5.58mg (31.01%), Phosphorus: 273.83mg (27.38%), Zinc: 4.09mg (27.23%), Vitamin E: 3.87mg (25.81%), Folate: 97.62µg (24.41%), Vitamin B12: 1.44µg (24.04%), Copper: 0.47mg (23.53%), Magnesium: 85.99mg (21.5%), Fiber: 5.31g (21.22%), Calcium: 169.55mg (16.95%), Vitamin B5: 1.52mg (15.19%)