



Mama's Easy Awesome Meat Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



489 kcal

SAUCE

Ingredients

- 1 pound pasta like spaghetti cooked drained
- 2 pounds ground beef
- 24 ounce sauce traditional ragu® old world style®
- 1 large onion thinly sliced

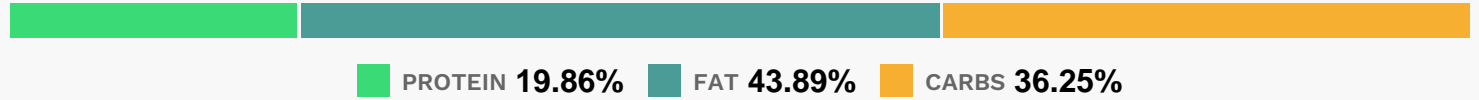
Equipment

- frying pan

Directions

- Brown ground beef with onion in 12-inch nonstick skillet; drain, if desired.
- Stir in sauce and bring to a boil. Reduce heat to low and simmer covered, stirring occasionally, 5 minutes.
- Serve, if desired, over your favorite hot pasta.

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:8.38, Inflammation Score:-2, Nutrition Score:12.25260867802%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 488.87kcal (24.44%), Fat: 23.31g (35.86%), Saturated Fat: 8.81g (55.05%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 41.98g (15.26%), Sugar: 20.76g (23.07%), Cholesterol: 80.51mg (26.84%), Sodium: 1097.88mg (47.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.46%), Selenium: 32.07µg (45.82%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.06mg (33.74%), Vitamin B3: 5.04mg (25.21%), Phosphorus: 217.49mg (21.75%), Vitamin B6: 0.42mg (20.83%), Iron: 2.96mg (16.47%), Manganese: 0.22mg (10.9%), Vitamin B2: 0.18mg (10.84%), Potassium: 358.5mg (10.24%), Magnesium: 31.36mg (7.84%), Copper: 0.13mg (6.66%), Vitamin B5: 0.66mg (6.56%), Fiber: 1.34g (5.36%), Vitamin B1: 0.07mg (4.58%), Folate: 15.47µg (3.87%), Vitamin E: 0.5mg (3.35%), Calcium: 28.69mg (2.87%), Vitamin K: 2.12µg (2.02%), Vitamin C: 1.39mg (1.68%)