



Mama's Easy Awesome Meat Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



406 kcal

SAUCE

Ingredients

- ☐ 1 pound pasta like spaghetti cooked drained
- ☐ 2 pound ground beef
- ☐ 1 large onion thinly sliced
- ☐ 1 jar ragú® pasta sauce old world style® (1 lb. 10 oz.)

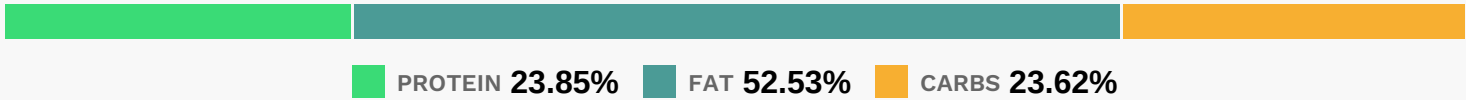
Equipment

- ☐ frying pan

Directions

- ☐ Brown ground beef with onion in 12-inch nonstick skillet; drain, if desired.
- ☐ Stir in Pasta 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.
- ☐ Cost per recipe*: \$48
- ☐ Cost per serving with pasta*: \$87
- ☐ *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:9.84, Inflammation Score:-5, Nutrition Score:15.620000123978%

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: 405.52kcal (20.28%), Fat: 23.48g (36.12%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 21.15g (7.69%), Sugar: 4.14g (4.6%), Cholesterol: 80.51mg (26.84%), Sodium: 480.19mg (20.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.97%), Selenium: 32.58µg (46.55%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.25mg (34.99%), Vitamin B3: 5.88mg (29.42%), Vitamin B6: 0.5mg (24.99%), Phosphorus: 240.44mg (24.04%), Iron: 3.78mg (21.01%), Potassium: 610.95mg (17.46%), Manganese: 0.31mg (15.45%), Vitamin B2: 0.24mg (14.09%), Copper: 0.23mg (11.55%), Vitamin E: 1.73mg (11.51%), Magnesium: 44.11mg (11.03%), Fiber: 2.61g (10.46%), Vitamin B5: 0.92mg (9.18%), Vitamin C: 7.34mg (8.89%), Vitamin A: 368.42IU (7.37%), Vitamin B1: 0.09mg (5.94%), Folate: 23.12µg (5.78%), Vitamin K: 4.5µg (4.28%), Calcium: 40.59mg (4.06%)