



Manny's Manly Meat Sauce

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

676 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon allspice (secret ingredient)
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 pound rigatoni cooked
- ☐ 4 servings warm crusty bread
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 4 cloves garlic with the heal if your hand crushed
- ☐ 1 pound ground sirloin lean (90 percent ground beef)
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 small onion chopped
- ☐ 4 servings parmesan grated for garnish
- ☐ 1 medium portobello mushroom cap finely chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 cup red wine (a couple of glugs)
- ☐ 3 cup veggie broth

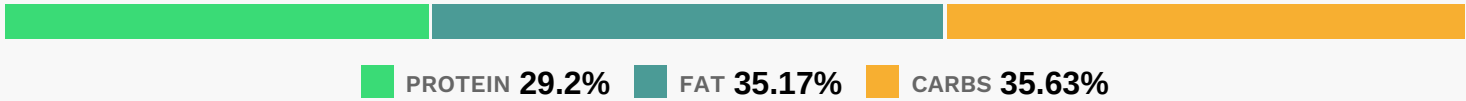
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a deep skillet or heavy-bottomed pot over medium high heat. Go once around the pan with a slow stream of extra virgin olive oil.
- ☐ Add crushed pepper flakes and infuse oil 10 seconds.
- ☐ Add beef, onions, garlic, and seasonings. Brown meat for 5 minutes; add mushrooms and cook 5 minutes more.
- ☐ Add wine and reduce 1 minute.
- ☐ Add broth and tomatoes to sauce and reduce heat to low. Simmer 5 to 10 minutes to combine flavors. Toss pasta with half of the sauce and serve with extra sauce for topping. Pass grated Parmesan or Romano and warm crusty bread at the table.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:21.63, Inflammation Score:-8, Nutrition Score:34.809565284978%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg

0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg
Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg
Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.89mg, Isorhamnetin:
0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol:
0.19mg, Kaempferol: 0.19mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg
Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 675.58kcal (33.78%), Fat: 24.81g (38.17%), Saturated Fat: 10.53g (65.83%), Carbohydrates: 56.57g
(18.86%), Net Carbohydrates: 49.88g (18.14%), Sugar: 11.35g (12.61%), Cholesterol: 94.11mg (31.37%), Sodium:
1698.55mg (73.85%), Alcohol: 6.36g (100%), Alcohol %: 1.08% (100%), Protein: 46.36g (92.72%), Selenium: 62.85µg
(89.79%), Phosphorus: 618.62mg (61.86%), Vitamin B3: 11.34mg (56.7%), Zinc: 7.67mg (51.12%), Vitamin B12: 3µg
(50.04%), Manganese: 0.96mg (47.82%), Calcium: 476.09mg (47.61%), Vitamin B6: 0.95mg (47.44%), Iron: 7.75mg
(43.07%), Potassium: 1327.25mg (37.92%), Copper: 0.66mg (32.93%), Vitamin K: 31.07µg (29.59%), Vitamin B2:
0.5mg (29.53%), Magnesium: 111.15mg (27.79%), Fiber: 6.7g (26.78%), Vitamin C: 22.02mg (26.69%), Vitamin E:
3.6mg (23.98%), Vitamin B5: 1.83mg (18.32%), Vitamin B1: 0.27mg (18.2%), Vitamin A: 823.85IU (16.48%), Folate:
59.13µg (14.78%), Vitamin D: 0.33µg (2.18%)