



Meat Lover's Chunky Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



339 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.5 cups bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 1 pound sausage italian
- ☐ 8 ounce mushrooms sliced
- ☐ 2 teaspoons olive oil
- ☐ 1.3 cups onion diced

- ☐ 50 ounce roasted garlic spaghetti sauce
- ☐ 15 servings salt and pepper to taste

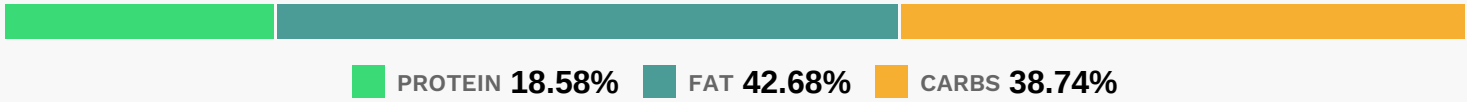
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook ground chuck and sausage in a large Dutch oven, stirring until mixture crumbles and is no longer pink.
- ☐ Drain well on paper towels. Wipe Dutch oven clean.
- ☐ Saut bell pepper, onion, and mushrooms in hot oil in Dutch oven over medium-high heat 11 to 12 minutes or until pepper is tender and liquid is slightly reduced. Stir in beef mixture, spaghetti sauce, parsley, and basil. Bring to a boil, stirring occasionally; add salt and pepper to taste. Reduce heat, and simmer, uncovered, 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:9.28, Inflammation Score:-6, Nutrition Score:21.630869633478%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 338.94kcal (16.95%), Fat: 16.63g (25.58%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 31.32g (11.39%), Sugar: 2.17g (2.42%), Cholesterol: 44.45mg (14.82%), Sodium: 453.37mg (19.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.57%), Manganese: 1.65mg (82.4%), Vitamin B6: 1.43mg (71.32%), Vitamin C: 44.48mg (53.92%), Selenium: 26.93µg (38.47%), Vitamin B1: 0.4mg (26.76%), Phosphorus: 255.76mg (25.58%), Zinc: 3.03mg (20.22%), Copper: 0.39mg (19.53%), Calcium: 188.64mg (18.86%),

Potassium: 635.98mg (18.17%), Vitamin B3: 3.57mg (17.84%), Vitamin K: 17.85µg (17%), Vitamin B2: 0.27mg (15.83%), Vitamin B12: 0.93µg (15.47%), Iron: 2.77mg (15.37%), Vitamin B5: 1.13mg (11.3%), Fiber: 2.65g (10.59%), Magnesium: 37.76mg (9.44%), Folate: 15.36µg (3.84%), Vitamin A: 145.36IU (2.91%), Vitamin E: 0.34mg (2.29%)