



WHAT'SHEATE



Meat-Lover's Slow Cooker Spaghetti Sauce



Gluten Free



Dairy Free



Popular

READY IN



520 min.

SERVINGS



8

CALORIES



289 kcal

SAUCE

Ingredients



0.3 pound bulk sausage italian



29 ounce tomato sauce canned



14.5 ounce canned tomatoes diced italian-style canned



0.3 teaspoon basil dried



0.5 teaspoon marjoram dried



2 teaspoons garlic powder



1 pound ground beef



2 tablespoons olive oil

- ☐ 2 small onions chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon herb seasoning dried italian
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 6 ounce tomato paste canned
- ☐ 1 tablespoon sugar white

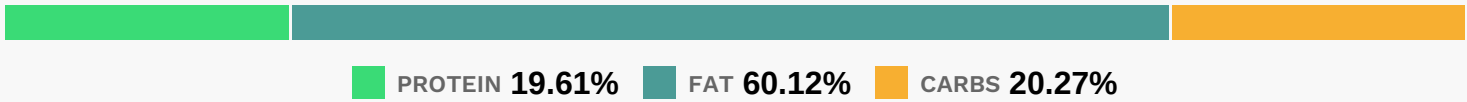
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat olive oil in a skillet over medium heat; cook and stir onions and Italian sausage until the sausage is browned, about 10 minutes.
- ☐ Transfer the sausage and onions to a slow cooker. In the same skillet, cook and stir the ground beef, Italian seasoning, 1 teaspoon of garlic powder, and marjoram, breaking the meat up as it cooks, until the meat is browned, about 10 minutes.
- ☐ Transfer the ground beef into the slow cooker.
- ☐ Stir in the tomato sauce, tomato paste, diced tomatoes, stewed tomatoes, thyme, basil, oregano, and 2 teaspoons of garlic powder. Set the cooker on Low, and cook the sauce for 8 hours. About 15 minutes before serving, stir in the sugar.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:38.26, Glycemic Load:4.72, Inflammation Score:-7, Nutrition Score:14.97869563621%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 289.29kcal (14.46%), Fat: 19.85g (30.55%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 11.44g (4.16%), Sugar: 9.14g (10.16%), Cholesterol: 51.03mg (17.01%), Sodium: 726.07mg (31.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Vitamin B3: 4.83mg (24.14%), Vitamin B6: 0.48mg (23.86%), Vitamin B12: 1.34µg (22.37%), Vitamin E: 3.27mg (21.81%), Potassium: 752.22mg (21.49%), Zinc: 3.12mg (20.81%), Iron: 3.61mg (20.08%), Selenium: 13.38µg (19.12%), Vitamin C: 15.59mg (18.89%), Phosphorus: 170.15mg (17.02%), Manganese: 0.33mg (16.41%), Copper: 0.31mg (15.69%), Fiber: 3.62g (14.5%), Vitamin K: 15.11µg (14.39%), Vitamin B1: 0.2mg (13.12%), Vitamin B2: 0.22mg (13.12%), Vitamin A: 617.83IU (12.36%), Magnesium: 46.24mg (11.56%), Vitamin B5: 0.91mg (9.11%), Folate: 29.37µg (7.34%), Calcium: 69.42mg (6.94%)