



Meat Sauce for Spaghetti



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



575 kcal

SAUCE

Ingredients

- ☐ 24 ounce mushrooms drained sliced canned
- ☐ 52 ounce tomato sauce canned
- ☐ 56 ounce tomatoes crushed canned
- ☐ 5 large rib celery diced
- ☐ 24 ounce chili sauce
- ☐ 5 pounds ground beef
- ☐ 2 teaspoons coarsely ground pepper
- ☐ 6 medium onions diced

- ☐ 2 teaspoons salt
- ☐ 3 tablespoons sugar
- ☐ 24 ounce tomato paste canned
- ☐ 4 cups water
- ☐ 2 teaspoons vinegar white

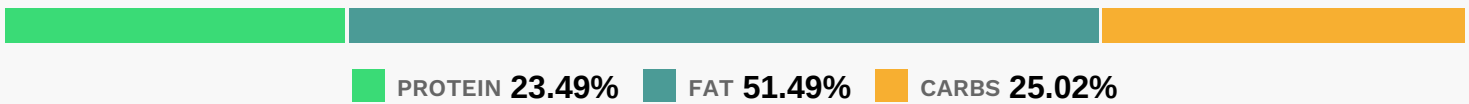
Equipment

- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Cook first 3 ingredients in an 8–quart stockpot over medium heat 8 to 10 minutes, stirring until beef crumbles and is no longer pink; drain well, and return to stockpot.
- ☐ Add crushed tomatoes and remaining ingredients to stockpot; reduce heat to low, and cook, stirring often, 1 hour.
- ☐ Remove from heat, and cool.
- ☐ Pour into hot sterilized jars, and seal. Refrigerate up to 3 days, or freeze sauce in heavy–duty zip–top plastic bags up to 3 months (thaw in refrigerator).

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:7.93, Inflammation Score:–8, Nutrition Score:31.243477883546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 575.1kcal (28.75%), Fat: 33.52g (51.57%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 28.79g (10.47%), Sugar: 23.05g (25.61%), Cholesterol: 115.02mg (38.34%), Sodium: 2017.12mg (87.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.41g (68.82%), Vitamin B12: 3.47µg (57.78%), Vitamin B3: 11.48mg (57.41%), Zinc: 7.96mg (53.07%), Vitamin B6: 1.03mg (51.73%), Potassium: 1540.98mg (44.03%), Selenium: 28.7µg (41%), Phosphorus: 407.81mg (40.78%), Vitamin C: 33.55mg (40.67%), Iron: 7.16mg (39.8%), Copper: 0.73mg (36.37%), Vitamin E: 5.16mg (34.38%), Fiber: 7.87g (31.48%), Manganese: 0.57mg (28.3%), Vitamin B2: 0.45mg (26.51%), Magnesium: 94.79mg (23.7%), Vitamin A: 1138.82IU (22.78%), Vitamin B1: 0.32mg (21.57%), Vitamin B5: 2.05mg (20.46%), Vitamin K: 17.74µg (16.89%), Folate: 61.22µg (15.3%), Calcium: 128.6mg (12.86%), Vitamin D: 0.26µg (1.73%)