



Mom's Spaghetti Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

SAUCE

Ingredients

- 15 ounce tomato sauce canned
- 4 tablespoons parsley fresh chopped
- 0.3 teaspoon garlic salt
- 1 pinch ground pepper black
- 1 pound ground beef lean
- 7 tablespoons olive oil
- 1 onion chopped
- 2 teaspoons salt

- 46 fluid ounce sacramento tomato juice canned
- 2 teaspoons worcestershire sauce

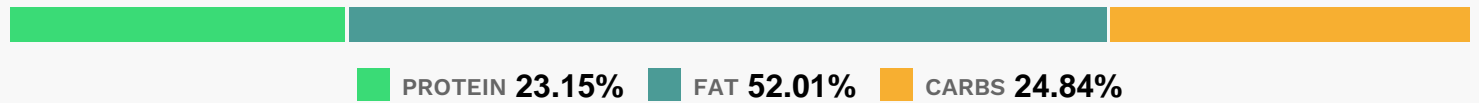
Equipment

- frying pan
- sauce pan

Directions

- In a large skillet cook ground beef with the chopped onions, parsley, and olive oil. Cook until onions are soft and ground beef is cooked through.
- In a large saucepan, combine tomato juice, tomato sauce, Worcestershire sauce, salt, ground black pepper, and garlic.
- Add ground beef mixture and simmer for 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:18.894782579463%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 260.54kcal (13.03%), Fat: 15.75g (24.23%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 12.59g (4.58%), Sugar: 10.12g (11.25%), Cholesterol: 35.15mg (11.72%), Sodium: 1189.27mg (51.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin K: 50.93µg (48.51%), Vitamin E: 4.83mg (32.22%), Vitamin B3: 5.77mg (28.86%), Vitamin C: 23.24mg (28.16%), Vitamin B6: 0.55mg (27.39%), Potassium: 895.81mg (25.59%), Iron: 4.38mg (24.32%), Zinc: 3.51mg (23.41%), Copper: 0.43mg (21.4%), Vitamin B12: 1.27µg (21.17%), Manganese: 0.4mg (19.9%), Phosphorus: 187.09mg (18.71%), Fiber: 4.33g (17.32%), Selenium: 11.29µg (16.12%), Vitamin A: 765.73IU (15.31%), Magnesium: 57.06mg (14.27%), Vitamin B2: 0.22mg (13.05%), Vitamin B1:

0.17mg (11.51%), Vitamin B5: 1.03mg (10.26%), Folate: 35.5µg (8.87%), Calcium: 78.46mg (7.85%)