



Mom's Sweet Spaghetti Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



7

CALORIES



407 kcal

SAUCE

Ingredients

- 4 slices bacon
- 29 ounce tomato sauce canned
- 2 tablespoons garlic powder
- 0.5 bell pepper green chopped
- 1 pound ground beef
- 8 ounce mushrooms drained
- 0.5 onion minced
- 2 tablespoons oregano dried

- 7 servings salt and pepper to taste
- 0.8 cup sugar
- 6 ounce tomato paste canned
- 2 tablespoons vegetable oil
- 0.5 cup white wine

Equipment

- frying pan

Directions

- In a skillet over medium heat, cook onion and bell pepper in oil until transparent.
- Add beef to onions and peppers; cook until brown. Set aside.
- Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve drippings and crumble bacon.
- Combine drippings and crumbled bacon with the beef mixture.
- Add mushrooms, tomato sauce, tomato paste, garlic powder and oregano.
- Pour in wine while stirring. Stir in sugar, then salt and pepper. Cook until hot.

Nutrition Facts



PROTEIN 15.93% **FAT 49.86%** **CARBS 34.21%**

Properties

Glycemic Index:35.3, Glycemic Load:18.05, Inflammation Score:-9, Nutrition Score:16.91043467107%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 407.2kcal (20.36%), Fat: 22.53g (34.67%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 31.15g (11.33%), Sugar: 28.09g (31.21%), Cholesterol: 54.3mg (18.1%), Sodium: 914.2mg (39.75%), Alcohol: 1.77g (100%), Alcohol %: 0.71% (100%), Protein: 16.2g (32.4%), Vitamin B3: 6.03mg (30.14%), Vitamin B6: 0.52mg (25.89%), Vitamin B12: 1.46µg (24.38%), Selenium: 16.91µg (24.15%), Zinc: 3.5mg (23.36%), Potassium: 807.15mg (23.06%), Vitamin C: 18.61mg (22.56%), Vitamin K: 22.51µg (21.44%), Phosphorus: 206.48mg (20.65%), Vitamin B2: 0.35mg (20.42%), Iron: 3.67mg (20.41%), Vitamin E: 2.94mg (19.63%), Copper: 0.36mg (17.98%), Manganese: 0.33mg (16.44%), Fiber: 3.64g (14.55%), Vitamin B5: 1.37mg (13.66%), Vitamin A: 621.35IU (12.43%), Magnesium: 46.89mg (11.72%), Vitamin B1: 0.16mg (10.47%), Folate: 30.75µg (7.69%), Calcium: 67.12mg (6.71%), Vitamin D: 0.18µg (1.2%)