



Not Red Spaghetti Sauce

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



575 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 2 cubes chicken bouillon
- 4 ounces mushrooms fresh sliced
- 4 ounces mushrooms fresh sliced
- 0.5 cup spring onion chopped
- 1.5 pounds ground sausage italian
- 0.5 cup cooking sherry
- 1.5 pounds zucchini sliced

Equipment

frying pan

Directions

- In large skillet, over medium heat, cook sausage and mushrooms in butter, until sausage is brown.
- Add bouillon cubes and sherry and stir until bouillon is dissolved.
- Add zucchini and onion and cook, uncovered, until zucchini is crisp-tender.
- Serve over cooked pasta.

Nutrition Facts

PROTEIN 13.47% **FAT 81.83%** **CARBS 4.7%**

Properties

Glycemic Index:34, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:18.485217260278%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 574.66kcal (28.73%), Fat: 51.38g (79.04%), Saturated Fat: 22.62g (141.38%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.98g (4.42%), Cholesterol: 126.85mg (42.28%), Sodium: 965.21mg (41.97%), Alcohol: 2.06g (100%), Alcohol %: 0.84% (100%), Protein: 19.03g (38.06%), Vitamin B1: 0.73mg (48.82%), Selenium: 32.13µg (45.89%), Vitamin C: 24.93mg (30.21%), Vitamin B6: 0.58mg (29%), Vitamin B3: 5.63mg (28.17%), Vitamin B2: 0.47mg (27.36%), Phosphorus: 247.86mg (24.79%), Vitamin K: 23.53µg (22.41%), Potassium: 744.83mg (21.28%), Vitamin B12: 1.08µg (17.99%), Zinc: 2.66mg (17.75%), Manganese: 0.32mg (16.05%), Vitamin A: 782.61IU (15.65%), Vitamin B5: 1.41mg (14.12%), Copper: 0.28mg (13.94%), Folate: 48.82µg (12.2%), Iron: 2.13mg (11.82%), Magnesium: 43.74mg (10.94%), Fiber: 1.73g (6.91%), Calcium: 52.05mg (5.2%), Vitamin E: 0.62mg (4.16%)