Old Italian Meat Sauce

Gluten Free

READY IN	SERVINGS	CALORIES
270 min.	20	216 kcal

SAUCE

Ingredients

- [ ] 87 ounce tomato sauce canned
- [ ] 0.3 teaspoon rosemary dried
- [ ] 2 pounds mushrooms fresh sliced
- [ ] 0.3 teaspoon thyme leaves fresh chopped
- [ ] 1 clove garlic crushed
- [ ] 1 pound ground pork
- [ ] 2 pounds ground beef lean
- [ ] 2 tablespoons olive oil

- [ ] 2 onions chopped
- [ ] 4 tablespoons oregano fresh chopped
- [ ] 2 tablespoons parmesan cheese grated
- [ ] 3 cups red wine
- [ ] 6 ounce tomato paste canned

Equipment

- [ ] frying pan

Directions

- [ ] In a large skillet, brown beef and pork over medium heat until no longer pink; set aside.
- [ ] In a large skillet, warm olive oil over medium heat and saute onions and garlic until tender; add about 1/2 cup of wine; mix well.
- [ ] Add mushrooms, rosemary, oregano and thyme to skillet and add another 1/2 cup wine; saute until tender.
- [ ] Add browned meat, tomato sauce and tomato paste to mixture; simmer for 1 hour and add the remaining 2 cups of wine.
- [ ] Simmer sauce on low for 2 to 3 hours, stirring occasionally; serve.

Nutrition Facts

PROTEIN **34.52%** FAT **42.22%** CARBS **23.26%**

Properties

Glycemic Index:15.35, Glycemic Load:3.01, Inflammation Score:-9, Nutrition Score:16.187826112561%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 4.98mg, Malvidin: 4.98mg, Malvidin: 4.98mg, Malvidin: 4.98mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin:

0.64mg, Naringenin: 0.64mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 216.47kcal (10.82%), Fat: 9.22g (14.18%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 8.34g (3.03%), Sugar: 6.39g (7.11%), Cholesterol: 44.89mg (14.96%), Sodium: 651.61mg (28.33%), Alcohol: 3.82g (100%), Alcohol %: 1.64% (100%), Protein: 16.96g (33.91%), Vitamin B3: 6.58mg (32.91%), Selenium: 18.85µg (26.93%), Vitamin B6: 0.49mg (24.6%), Vitamin B2: 0.41mg (24.39%), Potassium: 833.54mg (23.82%), Zinc: 3.46mg (23.05%), Phosphorus: 220.9mg (22.09%), Vitamin B12: 1.2µg (19.99%), Iron: 3.37mg (18.75%), Copper: 0.36mg (18.11%), Vitamin B1: 0.27mg (17.76%), Vitamin E: 2.4mg (16.02%), Vitamin B5: 1.56mg (15.63%), Manganese: 0.29mg (14.53%), Vitamin C: 11.45mg (13.88%), Fiber: 3.08g (12.34%), Magnesium: 46.94mg (11.74%), Vitamin A: 577.37IU (11.55%), Vitamin K: 11.3µg (10.76%), Folate: 28.19µg (7.05%), Calcium: 54.98mg (5.5%)