



Pasta Sauce a la Pauly

 **Gluten Free**

READY IN

ready

205 min.

SERVINGS

servings

6

CALORIES

calories

516 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon angostura bitters angostura® such as
- ☐ 1 cup butter
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 4 cloves garlic minced
- ☐ 0.5 bell pepper green chopped
- ☐ 0.3 pound ground beef
- ☐ 0.3 pound ground pork

- ☐ 0.3 pound ground veal
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 0.5 cup red wine
- ☐ 38 ounce stewed tomatoes canned
- ☐ 6 ounce tomato paste canned
- ☐ 1.5 teaspoons sugar white
- ☐ 0.5 teaspoon worcestershire sauce

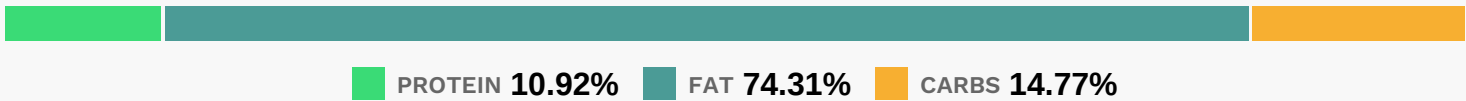
Equipment

- ☐ pot

Directions

- ☐ Melt butter with the olive oil in a pot over medium heat. Cook and stir veal, beef, and pork in the butter mixture until completely browned, about 10 minutes.
- ☐ Stir stewed tomatoes, tomato paste, onion, mushrooms, red wine, bell pepper, garlic, sugar, Worcestershire sauce, bitters, and cayenne pepper into the meat mixture; bring to a simmer, reduce heat to medium-low, and cook at a simmer until the tomatoes break down into a sauce, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:50.68, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:17.333478196808%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg,

Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 516.46kcal (25.82%), Fat: 42.68g (65.66%), Saturated Fat: 23.33g (145.79%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 15.85g (5.76%), Sugar: 10.6g (11.78%), Cholesterol: 123.87mg (41.29%), Sodium: 726.86mg (31.6%), Alcohol: 2.31g (100%), Alcohol %: 0.74% (100%), Protein: 14.11g (28.22%), Vitamin C: 27.75mg (33.64%), Vitamin B3: 6.18mg (30.89%), Vitamin A: 1361.52IU (27.23%), Potassium: 830.73mg (23.74%), Vitamin B2: 0.38mg (22.53%), Copper: 0.44mg (21.84%), Vitamin E: 3.24mg (21.57%), Iron: 3.88mg (21.57%), Vitamin B1: 0.32mg (21.16%), Selenium: 14.58µg (20.83%), Phosphorus: 203.18mg (20.32%), Vitamin B6: 0.41mg (20.26%), Zinc: 2.49mg (16.62%), Vitamin B12: 0.87µg (14.49%), Vitamin B5: 1.41mg (14.1%), Manganese: 0.28mg (14.03%), Fiber: 3.24g (12.96%), Magnesium: 48.53mg (12.13%), Vitamin K: 11.14µg (10.61%), Calcium: 100.8mg (10.08%), Folate: 29.74µg (7.44%)