



Pasta Sauce with Italian Sausage

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



385 kcal

SAUCE

Ingredients

- 1 bay leaf
- 15 ounce tomato sauce canned
- 16 ounce canned tomatoes canned
- 1 teaspoon basil dried
- 1 clove garlic chopped
- 0.3 teaspoon ground pepper black
- 1 pound mild sausage links to package directions and coin italian
- 0.5 pound ground beef lean

- 1 tablespoon olive oil
- 1 onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon salt

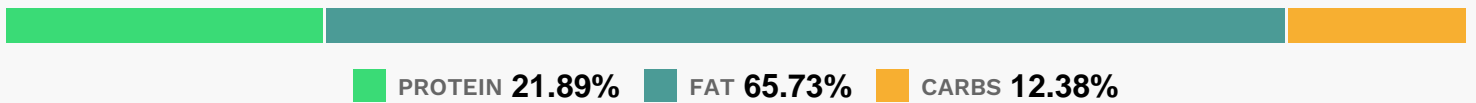
Equipment

- frying pan
- pot

Directions

- Removed casing from sausage links and cut into 1/2 inch slices. In a large skillet, brown sausage over medium heat for about 10 minutes; remove and set aside.
- In a large skillet, heat ground beef, olive oil, garlic and onion over medium heat until meat is nicely browned; drain.
- Pour in tomatoes and tomato sauce; mix in salt, ground black pepper, basil, oregano, bay leaf and cooked sausage. Simmer uncovered for 1 hour, stirring occasionally.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Mix cooked sauce with hot pasta and remove bay leaf from sauce before serving.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:17.683478189551%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 384.8kcal (19.24%), Fat: 28.38g (43.66%), Saturated Fat: 9.77g (61.06%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.97g (3.26%), Sugar: 6.65g (7.39%), Cholesterol: 80.89mg (26.96%), Sodium: 1401.98mg (60.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.54%), Selenium: 26.39µg (37.7%), Vitamin B1: 0.53mg (35.26%), Vitamin B3: 6.21mg (31.05%), Vitamin B6: 0.59mg (29.61%), Vitamin B12: 1.53µg (25.58%), Zinc: 3.7mg (24.65%), Phosphorus: 232.7mg (23.27%), Potassium: 792.7mg (22.65%), Iron: 3.81mg (21.14%), Vitamin C: 14.96mg (18.13%), Manganese: 0.34mg (16.99%), Vitamin B2: 0.28mg (16.63%), Vitamin E: 2.49mg (16.61%), Copper: 0.33mg (16.26%), Magnesium: 48.87mg (12.22%), Fiber: 3.05g (12.21%), Vitamin K: 12.66µg (12.05%), Vitamin B5: 1.09mg (10.89%), Vitamin A: 478.23IU (9.56%), Folate: 28.99µg (7.25%), Calcium: 67.59mg (6.76%)