

## Pennsylvania Greek Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



107 kcal

SAUCE

### Ingredients

- 8 ounce tomato sauce canned
- 0.5 teaspoon basil dried
- 0.5 teaspoon garlic powder
- 1 pound ground beef
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 2 small onions chopped
- 0.5 teaspoon oregano dried

- 1 teaspoon pepper flakes red crushed
- 0.5 teaspoon salt
- 1 cup water
- 2 teaspoons mustard yellow prepared

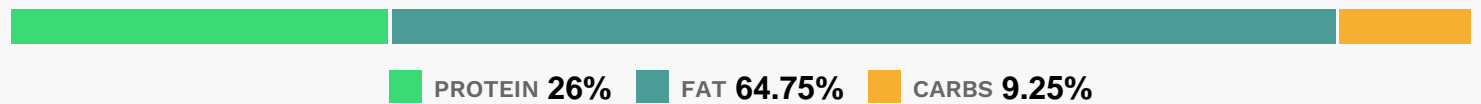
## Equipment

- frying pan

## Directions

- Place the beef in a large skillet over medium heat. Cook until beef is completely brown; drain. Stir the onions, tomato sauce, water, salt, pepper, oregano, basil, garlic powder, cumin, red pepper flakes, and yellow mustard into the beef. Bring to a boil; lower heat to medium-low and simmer 45 minutes, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:12.58, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:4.6043478302334%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 107.44kcal (5.37%), Fat: 7.71g (11.86%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.2g (1.33%), Cholesterol: 26.84mg (8.95%), Sodium: 225.44mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin B12: 0.81µg (13.48%), Zinc: 1.67mg (11.13%), Vitamin B3: 1.83mg (9.17%), Selenium: 6.2µg (8.86%), Vitamin B6: 0.16mg (8.14%), Phosphorus: 70.91mg (7.09%), Iron: 1.12mg (6.23%), Potassium: 185.98mg (5.31%), Vitamin B2: 0.08mg (4.41%), Vitamin E: 0.52mg (3.47%), Manganese: 0.07mg (3.42%), Magnesium: 12.34mg (3.09%), Copper: 0.06mg (2.94%), Vitamin A: 135.32IU (2.71%), Vitamin B5: 0.27mg (2.7%), Vitamin K: 2.82µg (2.68%), Vitamin C: 2.2mg (2.67%), Fiber: 0.67g (2.67%), Vitamin B1: 0.03mg (1.97%), Folate: 7.08µg (1.77%), Calcium: 17.37mg (1.74%)