



Penny's Spaghetti Sauce and Meatballs

 Dairy Free

READY IN



210 min.

SERVINGS



20

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounces beef consommé
- 1 tablespoon basil dried
- 1.5 cups wine dry red
- 2 eggs
- 2 tablespoons olive oil extra virgin
- 1 tablespoon garlic minced
- 1 lb ground sausage italian
- 1 lb pd of ground turkey

- 1 cup seasoned bread crumbs italian
- 0.3 cup olive oil
- 2 onion chopped
- 1 tablespoon oregano dried
- 0.3 cup parsley chopped
- 28 ounces canned tomatoes diced
- 20 servings salt and pepper
- 1 tablespoon sugar
- 24 ounces tomato paste
- 30 ounces tomato sauce
- 5 cups water

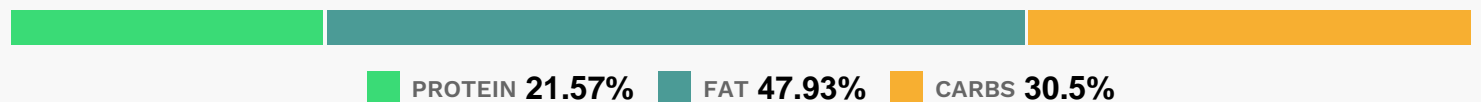
Equipment

- bowl
- pot

Directions

- Heat olive oil in a very large soup/stew pot and saute onions until soft, salt and pepper to taste.
- Add remaining ingredients and stir until well combined. Simmer the sauce for 3 hours and if you are going to add the meatballs:
- Place all meatball ingredients, except olive oil, in a large bowl and mix gently. Do not over mix the meatballs, they will be tough. Form and shape either small, 2" diameter balls or larger. Salt and pepper and set aside. Now you can either drop the meatballs into the simmering sauce for 3 hours or you can sear them first in the remaining olive oil and then drop them into the sauce. My Italian friends prefer the fried meatballs.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4.54, Inflammation Score:-8, Nutrition Score:15.081304384314%

Flavonoids

Petunidin: 0.6mg, Petunidin: 0.6mg, Petunidin: 0.6mg, Petunidin: 0.6mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 4.72mg, Malvidin: 4.72mg, Malvidin: 4.72mg, Malvidin: 4.72mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 244.88kcal (12.24%), Fat: 12.87g (19.79%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 14.94g (5.43%), Sugar: 8.85g (9.84%), Cholesterol: 46.14mg (15.38%), Sodium: 1039.82mg (45.21%), Alcohol: 1.89g (100%), Alcohol %: 0.85% (100%), Protein: 13.03g (26.06%), Vitamin K: 29.75µg (28.33%), Vitamin B3: 5.43mg (27.14%), Vitamin B6: 0.48mg (24.02%), Selenium: 16µg (22.86%), Vitamin E: 3.31mg (22.1%), Potassium: 770.12mg (22%), Vitamin C: 16.64mg (20.17%), Vitamin B1: 0.27mg (18.01%), Vitamin A: 898.44IU (17.97%), Manganese: 0.35mg (17.59%), Iron: 3.15mg (17.5%), Phosphorus: 162.53mg (16.25%), Copper: 0.32mg (15.84%), Fiber: 3.48g (13.93%), Vitamin B2: 0.22mg (12.84%), Magnesium: 46.21mg (11.55%), Zinc: 1.42mg (9.48%), Folate: 30.66µg (7.66%), Vitamin B5: 0.74mg (7.36%), Calcium: 65.44mg (6.54%), Vitamin B12: 0.39µg (6.54%), Vitamin D: 0.18µg (1.19%)