



## Primo Spaghetti Sauce

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



319 kcal

SAUCE

### Ingredients

- 6 bay leaves
- 0.3 cup brown sugar
- 48 ounce tomato sauce canned
- 0.3 cup confectioners' sugar
- 1 teaspoon pepper red crushed
- 1 teaspoon basil dried
- 0.5 teaspoon marjoram dried
- 1 pinch rosemary dried

- 0.5 teaspoon sage dried
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon garlic powder
- 0.5 bell pepper green chopped
- 1 teaspoon ground allspice
- 0.3 cup penzey's southwest seasoning italian
- 0.5 cup mushrooms sliced
- 0.5 onion chopped
- 1 teaspoon onion powder
- 1 teaspoon oregano dried
- 0.3 cup red wine
- 1 teaspoon salt
- 1 pound spicy sausage italian
- 12 ounce tomato paste canned
- 0.3 cup white wine

## Equipment

- frying pan
- pot

## Directions

- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- In a large pot combine white wine, onion, mushrooms and bell pepper. Cook on medium heat until vegetables are tender. Stir in red wine, Italian seasoning, crushed red pepper, bay leaves, oregano, onion powder, garlic powder, basil, rosemary, allspice, salt, thyme, sage, marjoram, tomato sauce, tomato paste and sausage. Reduce heat, cover and simmer for 45 minutes.
- Stir in brown sugar and confectioners' sugar; simmer, uncovered, for 30 minutes.

## Nutrition Facts



■ PROTEIN 14.35% ■ FAT 52.23% ■ CARBS 33.42%

## Properties

Glycemic Index:38.75, Glycemic Load:4.23, Inflammation Score:-8, Nutrition Score:17.095217417764%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 318.65kcal (15.93%), Fat: 18.61g (28.63%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 22.02g (8.01%), Sugar: 19.09g (21.21%), Cholesterol: 43.09mg (14.36%), Sodium: 1576.37mg (68.54%), Alcohol: 1.57g (100%), Alcohol %: 0.62% (100%), Protein: 11.5g (23.01%), Vitamin C: 23.92mg (28.99%), Vitamin B1: 0.42mg (27.71%), Potassium: 881.52mg (25.19%), Vitamin B6: 0.48mg (24.02%), Manganese: 0.47mg (23.47%), Selenium: 16.33µg (23.34%), Vitamin E: 3.45mg (22.98%), Iron: 4.03mg (22.41%), Vitamin B3: 4.47mg (22.37%), Vitamin K: 22.17µg (21.12%), Vitamin A: 973.72IU (19.47%), Fiber: 4.77g (19.07%), Copper: 0.37mg (18.65%), Vitamin B2: 0.28mg (16.19%), Phosphorus: 158.68mg (15.87%), Magnesium: 53.65mg (13.41%), Zinc: 1.68mg (11.21%), Vitamin B5: 1.08mg (10.77%), Calcium: 96.3mg (9.63%), Vitamin B12: 0.52µg (8.64%), Folate: 34.42µg (8.6%)