



Ronnetta's Spaghetti Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



157 kcal

SAUCE

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 2 cloves garlic crushed
- ☐ 1 pound ground beef lean
- ☐ 0.5 cup onion grated
- ☐ 6 servings salt and pepper to taste
- ☐ 1 packet bearnaise sauce mix dry
- ☐ 6 ounce tomato paste canned

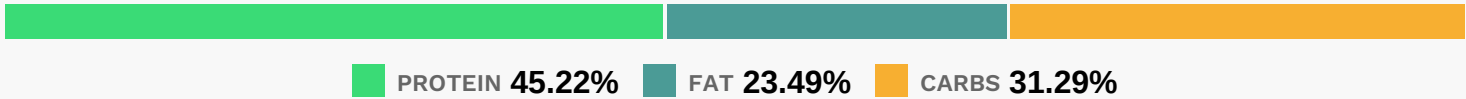
Equipment

pot

Directions

- Cook the beef, garlic, and onion in a large pot over medium-high heat until the beef has browned; stirring often to break up the meat. Stir in the sauce mix, tomato sauce, and tomato paste. Reduce heat to low, and simmer for about 30 minutes, adding water to thin if needed. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:11.881739232851%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 156.68kcal (7.83%), Fat: 4.09g (6.29%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 10.41g (3.78%), Sugar: 6.77g (7.52%), Cholesterol: 46.87mg (15.62%), Sodium: 618.08mg (26.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Vitamin B12: 1.69µg (28.22%), Zinc: 4.12mg (27.43%), Vitamin B3: 5.22mg (26.12%), Vitamin B6: 0.44mg (21.84%), Selenium: 13.96µg (19.94%), Phosphorus: 183.29mg (18.33%), Potassium: 578.65mg (16.53%), Iron: 2.89mg (16.08%), Vitamin B2: 0.19mg (11.01%), Vitamin C: 8.87mg (10.75%), Vitamin E: 1.59mg (10.6%), Copper: 0.2mg (10%), Magnesium: 34.52mg (8.63%), Manganese: 0.17mg (8.48%), Vitamin B5: 0.81mg (8.06%), Fiber: 1.85g (7.4%), Vitamin A: 368.19IU (7.36%), Vitamin B1: 0.08mg (5.16%), Folate: 16.41µg (4.1%), Vitamin K: 3.78µg (3.6%), Calcium: 31.36mg (3.14%)