



Ryan's Fantastic Spaghetti Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



387 kcal

SAUCE

Ingredients

- 29 ounce tomatoes whole peeled sliced canned
- 1 bell pepper green chopped
- 0.5 cup penzey's southwest seasoning italian
- 1.7 pounds ground beef lean
- 2 onions chopped
- 16 ounce penne pasta
- 10 drops pepper sauce hot
- 0.3 cup soya sauce

- 12 ounce tomato paste canned
- 3 cups tomato sauce
- 0.5 cup distilled vinegar white
- 0.5 cup worcestershire sauce

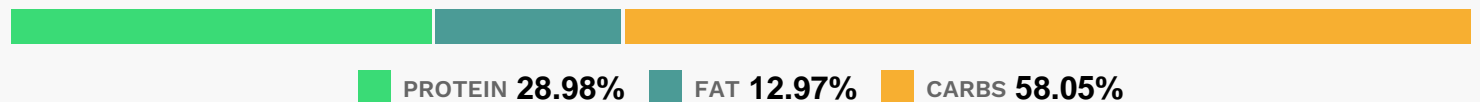
Equipment

- pot
- dutch oven

Directions

- In a large Dutch oven over high heat add chopped beef, vinegar, chopped onion, and Italian seasoning. Stir until brown.
- Add the sliced tomatoes, tomato paste, and chopped green bell pepper, and stir. Reduce heat to medium and cook for 15 minutes.
- Stir in the Worcestershire sauce, soy sauce, and hot pepper sauce. Stir in the tomato sauce. Allow mixture to simmer for 10 minutes.
- While sauce simmers cook penne pasta in a large pot of boiling salted water until al dente.
- Drain well.
- Add warm pasta to sauce and toss well.
- Let stand for 15 minutes to allow maximum blending of flavors.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:17.93, Inflammation Score:-7, Nutrition Score:26.520869651566%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg,

Isorhamnetin: 1.22mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 387.08kcal (19.35%), Fat: 5.6g (8.62%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 50.13g (18.23%), Sugar: 11.21g (12.46%), Cholesterol: 52.08mg (17.36%), Sodium: 1216.38mg (52.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.35%), Selenium: 47.72µg (68.17%), Manganese: 0.92mg (45.93%), Vitamin C: 33.01mg (40.01%), Vitamin B3: 7.97mg (39.87%), Iron: 6.87mg (38.15%), Zinc: 5.59mg (37.24%), Vitamin B6: 0.74mg (37.02%), Phosphorus: 344.99mg (34.5%), Potassium: 1158.26mg (33.09%), Vitamin B12: 1.88µg (31.36%), Copper: 0.51mg (25.6%), Fiber: 6.3g (25.19%), Vitamin K: 25.08µg (23.88%), Magnesium: 90.78mg (22.69%), Vitamin E: 3.11mg (20.76%), Vitamin B2: 0.34mg (20.2%), Calcium: 138.85mg (13.89%), Vitamin B1: 0.21mg (13.82%), Vitamin B5: 1.31mg (13.15%), Vitamin A: 650.4IU (13.01%), Folate: 47.58µg (11.89%)