



Sicilian Spaghetti Sauce

READY IN



180 min.

SERVINGS



6

CALORIES



528 kcal

SAUCE

Ingredients

- ☐ 32 ounce tomato sauce canned
- ☐ 6 servings linguine hot cooked
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 pound ground beef lean
- ☐ 1 large onion chopped

- ☐ 6 servings parmesan shredded
- ☐ 1 teaspoons salt
- ☐ 0.5 pound ground sausage italian
- ☐ 0.3 cup sugar
- ☐ 6 ounce canned tomatoes italian-style canned
- ☐ 3 cups water

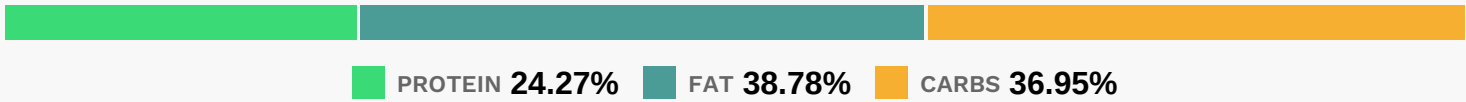
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Remove casings from sausage, and discard. Cook sausage and ground beef in a large skillet or Dutch oven over medium heat 6 minutes, stirring until meat crumbles.
- ☐ Add onion and garlic, and saut 4 minutes or until beef and sausage are no longer pink.
- ☐ Drain and set aside. Wipe skillet clean.
- ☐ Combine sauce and next 7 ingredients in skillet or Dutch oven; cook, stirring occasionally, 1 hour.
- ☐ Add sausage mixture and mushrooms. Cook, stirring occasionally, 1 hour and 30 minutes or until mixture thickens.
- ☐ Serve over linguine; sprinkle with cheese.
- ☐ Serve with breadsticks, if desired.

Nutrition Facts



Properties

Glycemic Index:62.93, Glycemic Load:22.03, Inflammation Score:-8, Nutrition Score:24.33391283906%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 527.63kcal (26.38%), Fat: 22.94g (35.29%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 44.13g (16.05%), Sugar: 17.06g (18.96%), Cholesterol: 72.56mg (24.19%), Sodium: 1932.58mg (84.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.6%), Selenium: 48.04µg (68.63%), Phosphorus: 459.23mg (45.92%), Calcium: 418.12mg (41.81%), Vitamin B3: 6.2mg (31.01%), Manganese: 0.6mg (29.83%), Zinc: 4.43mg (29.56%), Vitamin B6: 0.58mg (29.23%), Iron: 4.82mg (26.76%), Potassium: 921.68mg (26.33%), Vitamin B12: 1.56µg (25.95%), Vitamin B2: 0.43mg (25.35%), Copper: 0.47mg (23.35%), Vitamin B1: 0.34mg (22.89%), Fiber: 5.03g (20.13%), Vitamin C: 16.53mg (20.04%), Vitamin A: 986.76IU (19.74%), Magnesium: 77.22mg (19.3%), Vitamin E: 2.81mg (18.71%), Vitamin B5: 1.49mg (14.9%), Folate: 38.39µg (9.6%), Vitamin K: 9.63µg (9.17%), Vitamin D: 0.22µg (1.47%)