



Slow-Cooker Chunky Pork and Mushroom Spaghetti Sauce

 Very Healthy

READY IN



515 min.

SERVINGS



8

CALORIES



476 kcal

SAUCE

Ingredients

- 1.5 lb pork stew meat boneless country-style
- 1 cup suya seasoning mix frozen thawed (from 12-oz bag)
- 29 oz canned tomatoes canned
- 14.5 ounces tomatoes diced with basil, garlic and oregano, undrained canned
- 1 tablespoon worcestershire sauce
- 1 teaspoon sugar
- 1 teaspoon fennel seeds

- 8 oz mushrooms fresh sliced (3 cups)
- 16 oz pasta like spaghetti
- 1 tablespoon vegetable oil
- 1 serving parmesan cheese grated

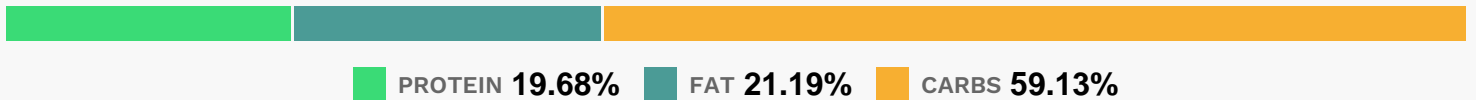
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix all ingredients except mushrooms, spaghetti and oil.
- Cover; cook on Low heat setting 8 to 10 hours.
- Using 2 forks, break pork into bite-size pieces in cooker. Stir in mushrooms. Increase heat setting to High. Cover; cook 15 to 20 minutes. Meanwhile, cook and drain spaghetti as directed on package.
- Stir oil into sauce.
- Serve over hot spaghetti.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:20.07, Inflammation Score:-8, Nutrition Score:41.197391427082%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 476.3kcal (23.82%), Fat: 11.9g (18.3%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 74.69g (24.9%), Net Carbohydrates: 57.46g (20.89%), Sugar: 9.74g (10.83%), Cholesterol: 44.17mg (14.72%), Sodium: 349.65mg (15.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Vitamin K: 194.06µg (184.82%), Manganese: 2.26mg (113.11%), Selenium: 59.65µg (85.22%), Iron: 14.24mg (79.13%), Fiber: 17.23g (68.93%), Calcium: 586.5mg (58.65%), Vitamin E: 7.39mg (49.24%), Vitamin B6: 0.93mg (46.61%), Magnesium: 152.82mg (38.2%), Copper: 0.72mg (35.82%), Phosphorus: 350.92mg (35.09%), Potassium: 1190.87mg (34.02%), Vitamin B3: 6.72mg (33.59%), Vitamin B2: 0.54mg (31.9%), Vitamin B1: 0.44mg (29.16%), Folate: 102.98µg (25.74%), Zinc: 3.8mg (25.36%), Vitamin B5: 2.19mg (21.89%), Vitamin C: 15.84mg (19.2%), Vitamin A: 822.99IU (16.46%), Vitamin B12: 0.61µg (10.25%), Vitamin D: 0.46µg (3.08%)