

Slow-Cooker Italian Spaghetti Sauce

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



24

CALORIES



160 kcal

SAUCE

Ingredients

- 29 oz tomatoes diced undrained canned
- 29 oz tomato sauce canned
- 0.5 teaspoon pepper red crushed
- 2 tablespoons basil dried
- 6 cloves garlic finely chopped
- 2 lb ground sausage italian
- 2 cups mushrooms sliced
- 1.5 cups onion chopped

- 1 tablespoon oregano dried
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoon sugar
- 12 oz canned tomatoes canned
- 24 servings frangelico
- 24 servings frangelico

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- In 12-inch skillet, cook sausage, onions, mushrooms and garlic over medium heat about 10 minutes, stirring occasionally, until sausage is no longer pink; drain.
- Place sausage mixture in lined slow cooker. Stir in remaining ingredients.
- Cover and cook on Low heat setting 8 to 9 hours.

Nutrition Facts



PROTEIN 16.69% **FAT 66.74%** **CARBS 16.57%**

Properties

Glycemic Index:12.8, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:7.850000023194%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg,

Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 159.72kcal (7.99%), Fat: 12.1g (18.62%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.13g (1.86%), Sugar: 3.76g (4.18%), Cholesterol: 28.73mg (9.58%), Sodium: 605.21mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.61%), Vitamin B1: 0.26mg (17.49%), Selenium: 10.63µg (15.19%), Vitamin B6: 0.24mg (12.18%), Vitamin B3: 2.32mg (11.61%), Vitamin C: 8.79mg (10.66%), Potassium: 359.14mg (10.26%), Iron: 1.75mg (9.74%), Manganese: 0.19mg (9.47%), Vitamin K: 9.88µg (9.41%), Vitamin B2: 0.15mg (9.02%), Phosphorus: 86.31mg (8.63%), Copper: 0.16mg (8.01%), Vitamin E: 1mg (6.65%), Fiber: 1.63g (6.52%), Zinc: 0.94mg (6.25%), Vitamin B12: 0.35µg (5.79%), Magnesium: 22.01mg (5.5%), Vitamin B5: 0.52mg (5.21%), Vitamin A: 237.76IU (4.76%), Calcium: 42.12mg (4.21%), Folate: 15.52µg (3.88%)