



Slow-Cooker Meaty Italian Spaghetti Sauce



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



24

CALORIES



146 kcal

SAUCE

Ingredients

- ☐ 30 oz tomato sauce canned
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1 tablespoon basil dried
- ☐ 6 oz mushrooms fresh sliced
- ☐ 3 cloves garlic finely chopped
- ☐ 2 lb pork sausage italian
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 6 oz canned tomatoes canned

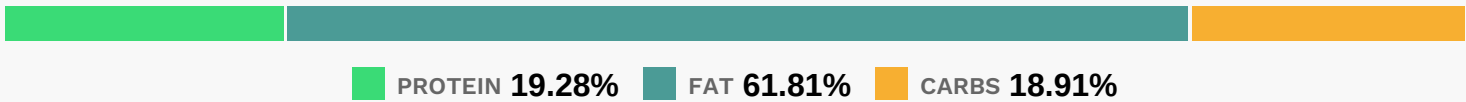
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 5-quart slow cooker with cooking spray. 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.
- ☐ Spoon sausage mixture into cooker. Stir in remaining ingredients.
- ☐ Cover; cook on Low heat setting 8 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:2.15, Inflammation Score:-4, Nutrition Score:6.992173899775%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 146.47kcal (7.32%), Fat: 10.31g (15.85%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.25g (4.72%), Cholesterol: 27.22mg (9.07%), Sodium: 511.63mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Vitamin B3: 2.91mg (14.55%), Vitamin B6: 0.24mg (12.14%), Potassium: 366.99mg (10.49%), Vitamin B1: 0.16mg (10.38%), Vitamin C: 7.7mg (9.33%), Copper: 0.17mg (8.66%), Iron: 1.54mg (8.58%), Phosphorus: 84.76mg (8.48%), Manganese: 0.17mg (8.34%), Vitamin E: 1.14mg

(7.58%), Vitamin B2: 0.13mg (7.38%), Zinc: 1.09mg (7.25%), Fiber: 1.72g (6.89%), Vitamin K: 6.82µg (6.49%), Vitamin B5: 0.6mg (6.03%), Vitamin A: 283.68IU (5.67%), Magnesium: 22.25mg (5.56%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.51µg (3.37%), Folate: 13.27µg (3.32%), Calcium: 31.4mg (3.14%), Selenium: 1.26µg (1.79%)