



Slow Cooker Spaghetti Bolognese Sauce

 **Gluten Free**  **Very Healthy**

READY IN



1140 min.

SERVINGS



12

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup olives black pitted
- 43.5 ounce tomatoes diced peeled canned
- 2 tablespoons basil dried
- 2 cups edamame soybeans dried
- 1 cup olives green pitted
- 4 tablespoons penzey's southwest seasoning italian
- 1 pound okra chopped
- 0.3 cup olive oil

- 1 large onion chopped
- 2 tablespoons oregano dried
- 0.8 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 1 cup red wine
- 12 servings salt to taste
- 12 ounce tomato paste canned
- 11 ounce kernel corn whole drained canned

Equipment

- slow cooker

Directions

- Cover soybeans with water and soak for several hours, or overnight.
- In a slow cooker combine soybeans, tomatoes, onion, okra, green olives, black olives, tomato paste, chopped tomatoes, Parmesan cheese, wine, olive oil, corn, oregano, basil, Italian seasoning, salt and pepper.
- Mix well.
- Cook on low for 12 to 24 hours, stirring occasionally.

Nutrition Facts

■ PROTEIN **20.32%** ■ FAT **46.23%** ■ CARBS **33.45%**

Properties

Glycemic Index:12.83, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:26.529130254751%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 325.61kcal (16.28%), Fat: 16.68g (25.66%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 19.2g (6.98%), Sugar: 7.42g (8.24%), Cholesterol: 5.44mg (1.81%), Sodium: 886.71mg (38.55%), Alcohol: 2.12g (100%), Alcohol %: 0.91% (100%), Protein: 16.49g (32.99%), Manganese: 1.47mg (73.64%), Vitamin K: 61.25µg (58.34%), Iron: 8.33mg (46.3%), Folate: 170µg (42.5%), Copper: 0.75mg (37.68%), Magnesium: 148.13mg (37.03%), Phosphorus: 334.96mg (33.5%), Fiber: 7.95g (31.8%), Potassium: 1091.33mg (31.18%), Vitamin C: 24.15mg (29.27%), Vitamin B1: 0.44mg (29.08%), Calcium: 285.7mg (28.57%), Vitamin B2: 0.42mg (24.8%), Vitamin E: 3.49mg (23.25%), Vitamin B6: 0.43mg (21.42%), Zinc: 2.47mg (16.49%), Vitamin A: 649.73IU (12.99%), Selenium: 8.69µg (12.41%), Vitamin B3: 2.43mg (12.15%), Vitamin B5: 0.62mg (6.15%), Vitamin B12: 0.08µg (1.41%)