



Slow-Cooker Spaghetti Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



16

CALORIES



64 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 2 cups onion chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 30 oz tomato sauce organic canned
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 6 oz tomato paste organic canned
- ☐ 2 tablespoons sugar

- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon pepper red crushed

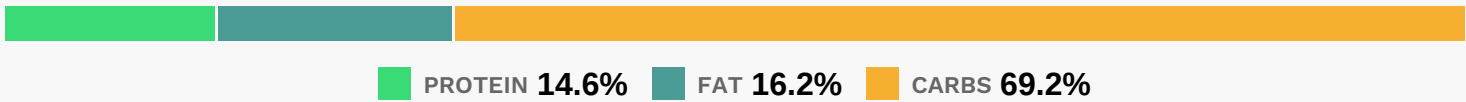
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 4- to 5-quart slow cooker with cooking spray. In 12-inch skillet, heat oil over medium heat.
- ☐ Add mushrooms, onions and garlic; cook 4 to 5 minutes, stirring occasionally, until onions are tender and translucent.
- ☐ Spoon vegetables into cooker. Stir in remaining ingredients.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:4.26, Inflammation Score:-6, Nutrition Score:7.8582607779814%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 64.06kcal (3.2%), Fat: 1.33g (2.04%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 9.88g (3.59%), Sugar: 8.02g (8.91%), Cholesterol: 0mg (0%), Sodium: 477mg (20.74%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin C: 12.57mg (15.24%), Potassium: 497.82mg (14.22%), Vitamin E: 2.05mg (13.66%), Manganese: 0.26mg (13.08%), Copper: 0.25mg (12.65%), Fiber: 2.85g (11.42%), Vitamin K: 11.18µg (10.65%), Iron: 1.89mg (10.49%), Vitamin A: 522.26IU (10.45%), Vitamin B3: 2.02mg (10.12%), Vitamin B6: 0.2mg (10.07%), Vitamin B2: 0.14mg (8.49%), Magnesium: 28.09mg (7.02%), Phosphorus: 59.06mg (5.91%), Vitamin B5: 0.56mg (5.62%), Vitamin B1: 0.08mg (5.25%), Folate: 19.84µg (4.96%), Calcium: 42.33mg (4.23%), Selenium: 2.72µg (3.88%), Zinc: 0.46mg (3.05%)