



Slow-Cooker Vegetable Spaghetti Sauce

READY IN



500 min.

SERVINGS



6

CALORIES



360 kcal

SAUCE

Ingredients

- 2 tablespoons vegetable oil
- 1 cup onion chopped
- 1 cup carrots chopped
- 6 oz mushrooms fresh sliced
- 1 cup bell pepper green chopped
- 29 oz tomatoes diced italian with herbs, undrained organic canned
- 16 oz tomato sauce organic canned
- 6 oz canned tomatoes italian-style canned
- 2 teaspoons sugar

- 0.5 teaspoon salt
- 0.5 teaspoon fennel seeds crushed
- 12 oz pasta like spaghetti uncooked
- 1 serving parmesan cheese grated

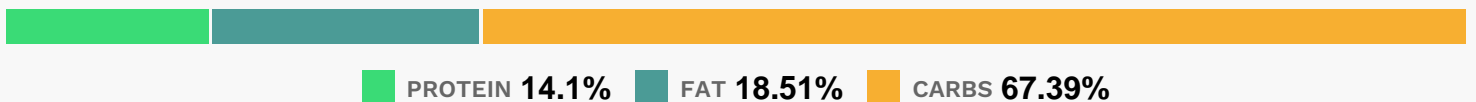
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch skillet, heat oil over medium-high heat.
- Add onion and carrots; cook 3 to 4 minutes, stirring occasionally, until crisp-tender. Stir in mushrooms and bell pepper.
- In 4- to 5-quart slow cooker, place vegetables. Stir in remaining ingredients except spaghetti and cheese.
- Cover; cook on Low heat setting 7 hours.
- Uncover; stir well. Increase heat setting to High; cook uncovered about 1 hour longer or until sauce is desired consistency.
- Cook and drain spaghetti as directed on package.
- Serve sauce over spaghetti; sprinkle with Parmesan cheese. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:58.15, Glycemic Load:22.73, Inflammation Score:-10, Nutrition Score:25.14478271163%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 359.68kcal (17.98%), Fat: 7.62g (11.72%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 62.39g (20.8%), Net Carbohydrates: 55.44g (20.16%), Sugar: 13.69g (15.21%), Cholesterol: 4.35mg (1.45%), Sodium: 705.41mg (30.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Vitamin A: 5229.53IU (104.59%), Vitamin C: 50.5mg (61.21%), Selenium: 41.01µg (58.58%), Manganese: 0.93mg (46.66%), Potassium: 1011.67mg (28.9%), Fiber: 6.95g (27.82%), Vitamin K: 27.68µg (26.36%), Copper: 0.51mg (25.7%), Phosphorus: 246.59mg (24.66%), Vitamin B6: 0.46mg (22.91%), Vitamin B3: 4.27mg (21.35%), Vitamin E: 2.88mg (19.22%), Magnesium: 74.79mg (18.7%), Vitamin B2: 0.28mg (16.62%), Folate: 57.97µg (14.49%), Iron: 2.6mg (14.47%), Vitamin B1: 0.21mg (13.78%), Vitamin B5: 1.24mg (12.35%), Zinc: 1.77mg (11.83%), Calcium: 108.67mg (10.87%), Vitamin B12: 0.08µg (1.31%)