



Slow-Cooker Vegetable Spaghetti Sauce

READY IN



500 min.

SERVINGS



6

CALORIES



465 kcal

SAUCE

Ingredients

- 1 cup carrots chopped
- 0.5 teaspoon fennel seeds crushed
- 6 oz mushrooms fresh sliced
- 1 cup bell pepper green chopped
- 1 cup onion chopped
- 6 servings parmesan cheese grated
- 0.5 teaspoon salt
- 12 oz pasta like spaghetti uncooked
- 2 teaspoons sugar

- 6 oz canned tomatoes italian-style canned
- 16 oz tomato sauce organic canned
- 29 oz tomatoes diced italian with herbs, undrained organic canned
- 2 tablespoons vegetable oil

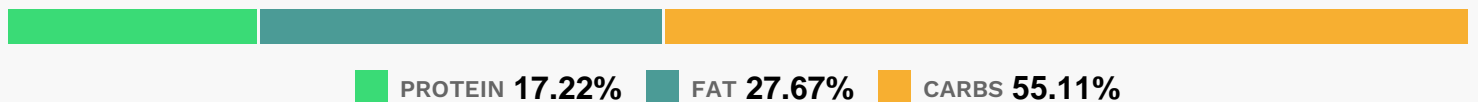
Equipment

- 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 manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:58.15, Glycemic Load:22.73, Inflammation Score:-10, Nutrition Score:28.575652220975%

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: 464.93kcal (23.25%), Fat: 14.62g (22.48%), Saturated Fat: 5.63g (35.17%), Carbohydrates: 65.49g (21.83%), Net Carbohydrates: 58.54g (21.29%), Sugar: 13.71g (15.23%), Cholesterol: 26.1mg (8.7%), Sodium: 1142.91mg (49.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.92%), Vitamin A: 5445.78IU (108.92%), Selenium: 49.76µg (71.08%), Vitamin C: 50.5mg (61.21%), Manganese: 0.95mg (47.72%), Phosphorus: 405.09mg (40.51%), Calcium: 329.67mg (32.97%), Potassium: 1057.67mg (30.22%), Fiber: 6.95g (27.82%), Vitamin K: 28.11µg (26.77%), Copper: 0.52mg (26.2%), Vitamin B6: 0.48mg (23.92%), Vitamin B2: 0.37mg (21.69%), Vitamin B3: 4.29mg (21.45%), Magnesium: 83.54mg (20.89%), Vitamin E: 3.01mg (20.07%), Zinc: 2.86mg (19.05%), Iron: 2.72mg (15.09%), Folate: 59.47µg (14.87%), Vitamin B1: 0.21mg (14.23%), Vitamin B5: 1.32mg (13.16%), Vitamin B12: 0.42µg (6.94%), Vitamin D: 0.21µg (1.38%)