

Southern Barbecue Spaghetti Sauce

 Dairy Free

READY IN



250 min.

SERVINGS



12

CALORIES



329 kcal

SAUCE

Ingredients

- 0.5 cup beef broth
- 2 tablespoons brown sugar
- 8 ounces tomato sauce canned
- 14 ounces tomatoes diced undrained canned
- 2 teaspoons chili powder
- 12 cups spaghetti hot cooked
- 1.5 cups mushrooms fresh sliced
- 2 garlic clove minced

- 1 medium bell pepper green chopped
- 1 tablespoon ground cumin
- 1 cup catsup
- 1 pound pd of ground turkey lean
- 2 medium onion chopped
- 12 ounces canned tomatoes canned
- 2 tablespoons worcestershire sauce

Equipment

- frying pan
- slow cooker

Directions

- In a large nonstick skillet, cook the turkey, onions, mushrooms and green pepper over medium heat until meat is no longer pink.
- Add garlic; cook 1 minute longer.
- Drain.
- Transfer to a 3-qt. slow cooker. Stir in the tomatoes, tomato paste, tomato sauce, ketchup, broth, Worcestershire sauce, brown sugar, cumin and chili powder. Cover and cook on low for 4-5 hours or until vegetables are tender.
- Serve with spaghetti.

Nutrition Facts



PROTEIN 22.92% **FAT 6.73%** **CARBS 70.35%**

Properties

Glycemic Index:19.63, Glycemic Load:21.19, Inflammation Score:-6, Nutrition Score:16.135652339977%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg,

Isorhamnetin: 0.92mg 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: 4.29mg, Quercetin:
4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 328.96kcal (16.45%), Fat: 2.5g (3.84%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 58.7g (19.57%), Net
Carbohydrates: 54.19g (19.71%), Sugar: 11.27g (12.52%), Cholesterol: 20.79mg (6.93%), Sodium: 459mg (19.96%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.25%), Selenium: 47.25µg (67.5%), Manganese:
0.64mg (32.24%), Vitamin B6: 0.6mg (29.79%), Vitamin B3: 5.95mg (29.76%), Vitamin C: 17.97mg (21.79%),
Phosphorus: 217.62mg (21.76%), Iron: 3.74mg (20.75%), Fiber: 4.51g (18.05%), Copper: 0.34mg (17.15%), Potassium:
561.14mg (16.03%), Magnesium: 58.01mg (14.5%), Vitamin B2: 0.21mg (12.54%), Zinc: 1.73mg (11.56%), Vitamin E:
1.44mg (9.61%), Vitamin B5: 0.9mg (8.98%), Vitamin A: 438.06IU (8.76%), Vitamin B1: 0.13mg (8.35%), Folate:
29.78µg (7.44%), Calcium: 53.99mg (5.4%), Vitamin K: 4.81µg (4.58%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.18µg
(1.17%)