



Southern-Style Meat Sauce

 **Gluten Free**  **Dairy Free**

READY IN



160 min.

SERVINGS



9

CALORIES



373 kcal

SAUCE

Ingredients

- 2 bay leaves
- 9 ounce mushrooms drained canned
- 30 ounce tomato sauce canned
- 4 tablespoons basil dried
- 4 cloves garlic chopped
- 2 pounds ground beef
- 3 tablespoons olive oil
- 1 onion chopped

- 4 tablespoons oregano dried
- 2 tablespoons pepper red
- 2 tablespoons salt
- 2 tablespoons sugar
- 12 ounce canned tomatoes canned
- 3 teaspoons worcestershire sauce

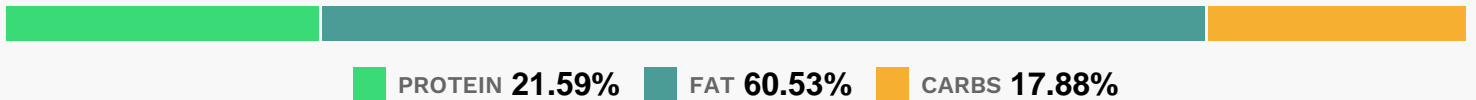
Equipment

- pot

Directions

- In a large pot heat olive oil.
- Add onions and simmer on medium heat until semi soft; stir in garlic. Be careful not to burn.
- Add ground beef and cook until all pink is gone; drain.
- In pot with drained beef, gently stir in tomato paste and tomato sauce.
- Mix in oregano, basil, Worcestershire sauce, sugar, red pepper flakes, mushrooms, bay leaves and salt; bring to a boil. Turn heat down to low and simmer for about 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:22.040000034415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 372.94kcal (18.65%), Fat: 25.75g (39.61%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 11.83g (4.3%), Sugar: 9.33g (10.37%), Cholesterol: 71.57mg (23.86%), Sodium: 2294.06mg (99.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Vitamin K: 55.54µg (52.89%), Iron: 6.5mg (36.14%), Vitamin B12: 2.16µg (35.95%), Zinc: 5.03mg (33.57%), Vitamin B3: 6.55mg (32.73%), Vitamin B6: 0.61mg (30.4%), Manganese: 0.56mg (28.2%), Vitamin E: 4.2mg (28%), Selenium: 17.87µg (25.53%), Potassium: 849.29mg (24.27%), Phosphorus: 235.89mg (23.59%), Vitamin A: 1071.9IU (21.44%), Fiber: 5.29g (21.16%), Copper: 0.39mg (19.47%), Vitamin B2: 0.29mg (17.29%), Magnesium: 66.29mg (16.57%), Vitamin C: 11.76mg (14.26%), Calcium: 137.1mg (13.71%), Vitamin B5: 1.21mg (12.07%), Folate: 37.71µg (9.43%), Vitamin B1: 0.14mg (9.2%), Vitamin D: 0.16µg (1.05%)