

## Spaghetti Sauce III

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



123 kcal

SAUCE

### Ingredients

- ☐ 4.5 ounce mushrooms drained canned
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon garlic powder
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 29 ounce stewed tomatoes canned
- ☐ 6 ounce tomato paste canned

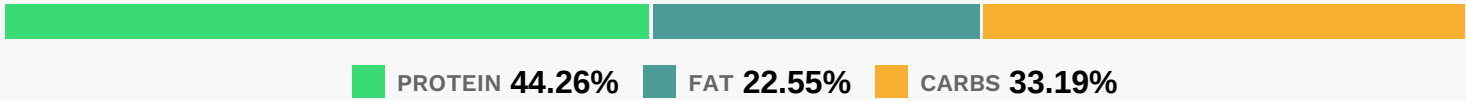
# Equipment

☐ sauce pan

# Directions

- ☐ In a large saucepan over medium heat, cook ground beef with onion until brown; drain. Stir tomatoes, tomato paste, basil, garlic powder, oregano and mushrooms into beef mixture. Bring to a boil, then reduce heat to low and simmer one hour.
- ☐ Serve over hot pasta.

# Nutrition Facts



# Properties

Glycemic Index:9.38, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:11.78608694543%

# Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

# Nutrients (% of daily need)

Calories: 123.32kcal (6.17%), Fat: 3.2g (4.92%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 8.14g (2.96%), Sugar: 5.2g (5.77%), Cholesterol: 35.15mg (11.72%), Sodium: 361.71mg (15.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.23%), Zinc: 3.32mg (22.16%), Vitamin B3: 4.43mg (22.15%), Iron: 3.86mg (21.47%), Vitamin B12: 1.27µg (21.17%), Selenium: 11.57µg (16.53%), Vitamin B6: 0.32mg (15.86%), Phosphorus: 158.03mg (15.8%), Vitamin K: 16.25µg (15.47%), Potassium: 532.03mg (15.2%), Copper: 0.26mg (12.84%), Vitamin C: 10.48mg (12.7%), Manganese: 0.22mg (10.77%), Fiber: 2.44g (9.77%), Vitamin E: 1.45mg (9.7%), Magnesium: 37.96mg (9.49%), Vitamin B2: 0.15mg (9.04%), Vitamin B1: 0.11mg (7.21%), Calcium: 72.15mg (7.21%), Vitamin B5: 0.69mg (6.93%), Vitamin A: 236.92IU (4.74%), Folate: 17.1µg (4.28%)