



## Spaghetti Sauce with Ground Beef

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

READY IN



**85 min.**

SERVINGS



**8**

CALORIES



**208 kcal**

SAUCE

### Ingredients

- 0.5 teaspoon pepper black
- 16 ounce tomato sauce canned
- 28 ounce canned tomatoes diced canned
- 2 teaspoons basil dried
- 4 cloves garlic minced
- 1 small bell pepper diced green
- 1 pound ground beef
- 1 onion chopped

- 2 teaspoons oregano dried
- 1 teaspoon salt
- 6 ounce tomato paste canned

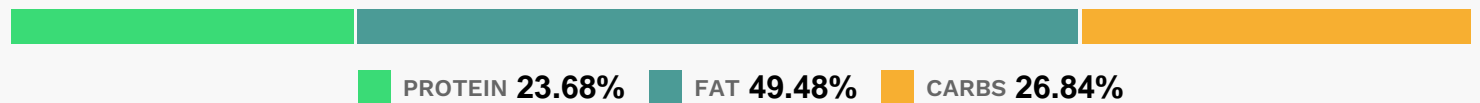
## Equipment

- frying pan
- sauce pan

## Directions

- Combine ground beef, onion, garlic, and green pepper in a large saucepan. Cook and stir until meat is brown and vegetables are tender.
- Drain grease.
- Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:3.91, Inflammation Score:-8, Nutrition Score:14.917391253554%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 207.98kcal (10.4%), Fat: 11.92g (18.34%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 10.65g (3.87%), Sugar: 8.17g (9.07%), Cholesterol: 40.26mg (13.42%), Sodium: 757.89mg (32.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.67%), Vitamin C: 23.99mg (29.08%), Vitamin B6: 0.48mg (24.21%), Vitamin B3: 4.54mg (22.69%), Potassium: 731.38mg (20.9%), Iron: 3.72mg (20.66%), Manganese: 0.41mg (20.35%), Vitamin B12: 1.21µg (20.22%), Zinc: 2.91mg (19.38%), Vitamin E: 2.71mg (18.08%), Copper: 0.35mg (17.33%), Vitamin K: 17.36µg (16.53%), Fiber: 3.9g (15.6%), Phosphorus: 153.2mg (15.32%), Selenium: 9.89µg (14.12%), Magnesium: 48.26mg (12.07%), Vitamin B2: 0.2mg (11.6%), Vitamin A: 550.23IU (11%), Vitamin B1:

0.14mg (9.61%), Vitamin B5: 0.84mg (8.38%), Calcium: 80.23mg (8.02%), Folate: 30.3µg (7.57%)