



Spaghetti Sauce with Meat

READY IN



270 min.

SERVINGS



10

CALORIES



1090 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 56 ounce tomatoes crushed canned
- ☐ 1 pinch parsley dried
- ☐ 2 eggs
- ☐ 0.5 pound flank steak cubed
- ☐ 5 cloves garlic minced
- ☐ 1 pinch ground cinnamon
- ☐ 10 servings ground pepper black to taste
- ☐ 14 ounce sausage sweet italian

- ☐ 2 pounds ground beef lean
- ☐ 32 ounce macaroni
- ☐ 2 tablespoons olive oil
- ☐ 3 onion chopped
- ☐ 8 links pork sausage
- ☐ 0.5 cup romano cheese grated
- ☐ 10 servings salt to taste
- ☐ 12 ounce tomato paste canned
- ☐ 2 tablespoons vegetable oil
- ☐ 4 slices bread white cut into cubes

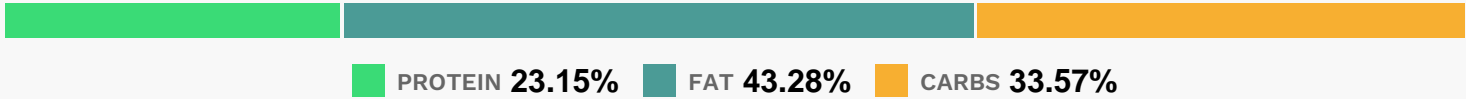
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large stock pot, heat olive oil over medium heat.
- ☐ Add Italian sausage, beef chunks, sausage links, onion, and garlic: cook and stir until meat is thoroughly done. Stir in tomato paste, crushed tomatoes, bay leaves, and cinnamon. Season with salt and pepper to taste. Simmer sauce over low heat for 1 hour.
- ☐ In a large bowl, combine the ground chuck beef, eggs, bread, Romano cheese, salt and pepper, and a pinch of parsley flakes. Shape into golf ball size meatballs.
- ☐ Pour vegetable oil into a large skillet.
- ☐ Add meatballs, and cook over medium heat until lightly browned.
- ☐ Place meatballs in spaghetti sauce, and simmer for 1 1/2 to 2 hours.
- ☐ Cook pasta in boiling, salted water until al dente.
- ☐ Drain well, and transfer to a large bowl. Stir 1 cup sauce into the noodles to help prevent sticking.
- ☐ Serve sauce with meatballs over pasta.

Nutrition Facts



Properties

Glycemic Index:32.78, Glycemic Load:8.41, Inflammation Score:-8, Nutrition Score:42.009130685226%

Flavonoids

Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 1089.57kcal (54.48%), Fat: 52.11g (80.17%), Saturated Fat: 17.3g (108.11%), Carbohydrates: 90.94g (30.31%), Net Carbohydrates: 83.48g (30.36%), Sugar: 12.93g (14.37%), Cholesterol: 203.04mg (67.68%), Sodium: 1512.97mg (65.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.71g (125.42%), Selenium: 96.95µg (138.51%), Vitamin B3: 16.38mg (81.91%), Phosphorus: 716.2mg (71.62%), Vitamin B6: 1.39mg (69.73%), Zinc: 10.37mg (69.13%), Manganese: 1.38mg (69.11%), Vitamin B12: 3.5µg (58.37%), Vitamin B1: 0.83mg (55.22%), Iron: 8.35mg (46.38%), Potassium: 1569.58mg (44.85%), Copper: 0.83mg (41.64%), Vitamin B2: 0.6mg (35.28%), Magnesium: 139.89mg (34.97%), Fiber: 7.46g (29.82%), Vitamin B5: 2.72mg (27.23%), Vitamin C: 22.21mg (26.92%), Vitamin E: 3.77mg (25.14%), Calcium: 204.43mg (20.44%), Vitamin K: 19.74µg (18.8%), Folate: 75.09µg (18.77%), Vitamin A: 555.22IU (11.1%), Vitamin D: 1.47µg (9.78%)