



The Very Best Spaghetti Sauce

 Vegetarian  Gluten Free

READY IN



420 min.

SERVINGS



12

CALORIES



197 kcal

SAUCE

Ingredients

- 5 bay leaves
- 0.3 cup brown sugar
- 0.5 cup butter
- 2 teaspoons chili powder
- 8 ounce mushrooms fresh sliced
- 4 cloves garlic minced
- 1 bell pepper green chopped
- 1 tablespoon penzey's southwest seasoning italian

- 2 tablespoons oregano dried
- 1 bell pepper red chopped
- 15 ounce ricotta cheese
- 18 roma tomatoes (plum)
- 12 ounce tomato paste canned
- 1 large onion white chopped
- 1 large zucchini chopped

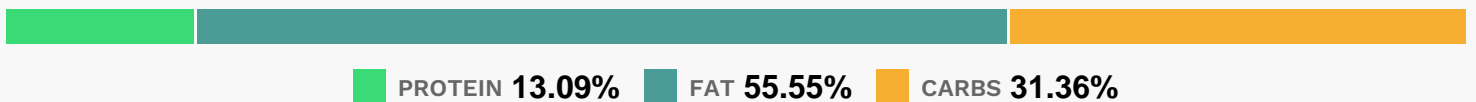
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add tomatoes and cook for 10 minutes.
- Drain and rinse with cold water.
- Remove skins and return tomatoes to the pot and mash them. Stir in tomato paste and 2 cups water. Cover and simmer on low heat.
- Meanwhile, melt butter in a large skillet over medium heat.
- Saute garlic and bay leaves for 1 minute, then stir in onions; saute until onions are translucent. Stir in zucchini, green and red bell pepper and mushrooms. Slowly cook and stir for 5 to 7 minutes.
- Stir vegetables into tomato sauce and add oregano, Italian seasoning, chili powder and brown sugar. Simmer over low heat for 6 to 8 hours. Stir in the ricotta cheese 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:13.160869650219%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 196.87kcal (9.84%), Fat: 12.85g (19.78%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 12.95g (4.71%), Sugar: 10.56g (11.73%), Cholesterol: 38.41mg (12.8%), Sodium: 144.19mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Vitamin C: 42.52mg (51.54%), Vitamin A: 1753.73IU (35.07%), Vitamin K: 20.47µg (19.49%), Manganese: 0.35mg (17.35%), Potassium: 562.41mg (16.07%), Vitamin B6: 0.3mg (14.85%), Vitamin B2: 0.23mg (13.62%), Fiber: 3.38g (13.53%), Calcium: 131.02mg (13.1%), Phosphorus: 128.93mg (12.89%), Vitamin E: 1.7mg (11.34%), Copper: 0.22mg (10.91%), Selenium: 7.61µg (10.87%), Folate: 42.98µg (10.74%), Vitamin B3: 2.01mg (10.06%), Iron: 1.64mg (9.1%), Magnesium: 34.55mg (8.64%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.96mg (6.4%), Vitamin B12: 0.14µg (2.4%)