



Versatile Tomato Sauce



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



348 kcal

SAUCE

Ingredients

- ☐ 4.5 ounce mushrooms drained chopped canned
- ☐ 58 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 4 cloves garlic minced
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon penzey's southwest seasoning italian

- ☐ 1 pound ground beef lean
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 pound pepperoni sausage sliced
- ☐ 0.3 teaspoon salt

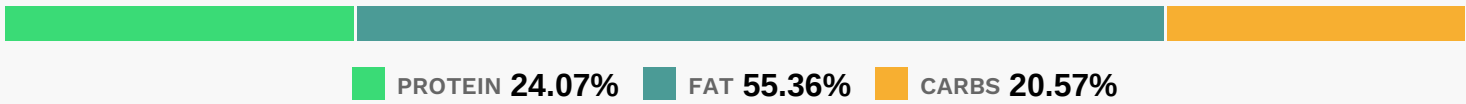
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium skillet over medium heat, warm oil and saute onions and garlic until caramelized; set aside.
- ☐ In a large skillet over medium heat, cook ground beef until almost browned.
- ☐ Add onions and garlic and cook for 3 minutes.
- ☐ In a large pot over medium heat, combine tomato sauce and stewed tomatoes; bring to a boil and then reduce heat. Simmer sauce for 15 minutes.
- ☐ Stir pepperoni, ground beef mixture and green peppers into sauce; cover and simmer for 30 minutes.
- ☐ Stir in mushrooms, garlic salt, salt, ground black pepper, onion powder, oregano and Italian seasoning. Simmer for 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:5.15, Inflammation Score:-8, Nutrition Score:22.023043352625%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg 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: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 348.14kcal (17.41%), Fat: 22.07g (33.96%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 13.41g (4.88%), Sugar: 10.92g (12.13%), Cholesterol: 62.65mg (20.88%), Sodium: 1741.96mg (75.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Vitamin C: 32.58mg (39.49%), Vitamin B3: 7.55mg (37.77%), Vitamin B6: 0.68mg (34.17%), Vitamin E: 4.89mg (32.62%), Potassium: 1110.64mg (31.73%), Selenium: 20.58µg (29.4%), Zinc: 4.35mg (29%), Manganese: 0.58mg (28.92%), Vitamin B12: 1.64µg (27.31%), Iron: 4.68mg (26.02%), Phosphorus: 249.26mg (24.93%), Copper: 0.46mg (22.95%), Vitamin A: 1058.35IU (21.17%), Fiber: 5.04g (20.15%), Vitamin B2: 0.34mg (19.89%), Vitamin B5: 1.65mg (16.5%), Magnesium: 64.83mg (16.21%), Vitamin K: 15.52µg (14.78%), Vitamin B1: 0.22mg (14.66%), Folate: 35.84µg (8.96%), Calcium: 68.51mg (6.85%), Vitamin D: 0.46µg (3.05%)