



Very Special Spaghetti Sauce

 Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



419 kcal

SAUCE

Ingredients

- 1.5 teaspoons cayenne pepper
- 1 teaspoon celery salt
- 1 tablespoon basil dried
- 2 cups cooking wine dry red
- 0.3 cup flour all-purpose
- 1 pound mushrooms fresh sliced
- 8 cloves garlic minced
- 1 bell pepper green chopped

- 3 pounds ground beef
- 0.8 cup olive oil
- 2 large onions chopped
- 1 tablespoon oregano dried
- 1 teaspoon salt
- 12 ounce tomato paste canned
- 2 cups tomato sauce
- 4 large tomatoes peeled chopped
- 2 tablespoons sugar white
- 1.5 teaspoons worcestershire sauce

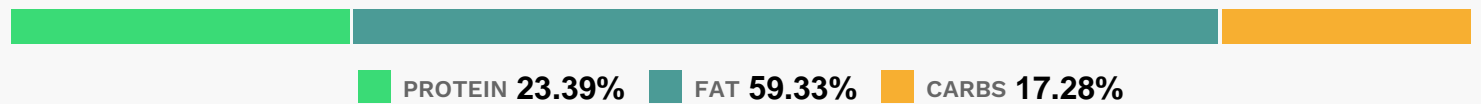
Equipment

- pot

Directions

- Heat olive oil in a large pot over medium heat.
- Saute garlic until golden brown. Stir in ground beef, onions and green pepper. Cook until beef is evenly brown, and onions are tender. Stir in flour until smooth. Stir in red wine, tomato sauce, chopped tomatoes, tomato paste, Worcestershire sauce and sugar. Season with salt, cayenne pepper, celery salt, oregano and basil. Simmer for 3 hours. Stir in mushrooms at the end of cooking period.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:5.77, Inflammation Score:-8, Nutrition Score:20.263478413872%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg,

Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 418.6kcal (20.93%), Fat: 25.99g (39.98%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 13.7g (4.98%), Sugar: 8.49g (9.43%), Cholesterol: 80.51mg (26.84%), Sodium: 711.4mg (30.93%), Alcohol: 4.2g (100%), Alcohol %: 1.41% (100%), Protein: 23.06g (46.11%), Vitamin B12: 2.44µg (40.7%), Vitamin B3: 7.58mg (37.88%), Zinc: 5.35mg (35.64%), Selenium: 22.3µg (31.86%), Vitamin B6: 0.63mg (31.49%), Vitamin C: 25.32mg (30.69%), Phosphorus: 264.15mg (26.42%), Potassium: 864.36mg (24.7%), Vitamin B2: 0.41mg (23.94%), Iron: 4.09mg (22.7%), Vitamin K: 20.49µg (19.52%), Copper: 0.36mg (18.13%), Vitamin A: 894.67IU (17.89%), Manganese: 0.35mg (17.45%), Vitamin E: 2.36mg (15.73%), Vitamin B5: 1.46mg (14.65%), Fiber: 3.33g (13.34%), Magnesium: 49.69mg (12.42%), Vitamin B1: 0.18mg (11.79%), Folate: 43.74µg (10.93%), Calcium: 69.3mg (6.93%), Vitamin D: 0.19µg (1.26%)