



## Wedding Gift Spaghetti Sauce

 Gluten Free  Popular

READY IN



160 min.

SERVINGS



30

CALORIES



142 kcal

SAUCE

### Ingredients

- 0.5 cup butter
- 2 teaspoons rosemary dried
- 3 cloves garlic chopped
- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 4 teaspoons penzey's southwest seasoning italian
- 3 tablespoons olive oil
- 1 large onion chopped

- 1.5 teaspoons oregano dried
- 1 pound mild sausage
- 18 ounce tomato paste canned
- 29 ounce tomato purée canned
- 76 fluid ounces water

## Equipment

- pot

## Directions

- Heat butter and olive oil together with onion and garlic in a large pot over medium heat; cook and stir ground beef and sausage in the onion mixture until browned and crumbly, 10 to 15 minutes. Stir Italian seasoning, salt, rosemary, oregano, and black pepper into ground beef-sausage mixture; simmer for 20 minutes.
- Pour water, tomato puree, and tomato paste into ground beef-sausage mixture; simmer, stirring occasionally, over low heat until flavors have combined, at least 2 hours.

## Nutrition Facts

**PROTEIN 15.95%** **FAT 72.72%** **CARBS 11.33%**

## Properties

Glycemic Index:10.77, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:5.1573912941891%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 141.61kcal (7.08%), Fat: 11.65g (17.93%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.19g (2.43%), Cholesterol: 29.76mg (9.92%), Sodium: 193.37mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin B3: 1.92mg (9.6%), Vitamin B6: 0.18mg (8.78%), Vitamin B12: 0.46µg (7.64%), Zinc: 1.11mg (7.42%), Vitamin E: 1mg (6.69%), Iron: 1.2mg (6.68%), Potassium: 223.01mg (6.37%), Phosphorus: 61.93mg (6.19%), Copper: 0.12mg (5.91%), Manganese: 0.12mg (5.88%), Vitamin K:

6.15µg (5.86%), Vitamin B1: 0.09mg (5.68%), Vitamin C: 4.67mg (5.66%), Fiber: 1.1g (4.41%), Vitamin A: 208.13IU (4.16%), Vitamin B2: 0.07mg (4.05%), Magnesium: 16.03mg (4.01%), Selenium: 2.66µg (3.8%), Vitamin B5: 0.32mg (3.17%), Calcium: 30.13mg (3.01%), Folate: 8.95µg (2.24%), Vitamin D: 0.21µg (1.41%)