

Recipe comparison

Our Family Spaghetti sauce recipe has evolved over the last fifteen years as I learned more about the Mediterranean and anti-inflammatory diets. What started as a sauce to be used as needed when we were all on the go and working different shifts became a nutritious, delicious cover to most every pasta we can think of.

2008 ingredients:

Ingredient	Amount	Weight / serving	Calories / serving
Tomatoes, diced, ripe, red, canned	400 g	80 g	14
Cheese, feta	6 oz = 170 g	34.02 g	90
Onions, raw	1 cup, chopped = 160 g	32 g	13
Summer squash, raw, yellow	200 g	40 g	7.6
Raw Zucchini	2 cup = 248 g	49.6 g	8.4
Extra virgin olive oil by QO	0.5 tbsp (15.0 ml) aprx = 7 g	1.38 g	11
Garlic minced, garlic by The Kroger Co.	2 tsp = 10 g	2 g	2
Italian seasoning by STONEMILL	4 1/4 tsp = 2 g	0.4 g	0

The 2008 recipe nutritional facts:

Nutrition Facts

Portion Size 239 g

Amount Per Portion

Calories 146

	% Daily Value *
Total Fat 9.3g **	12 %
Saturated Fat 4.8g **	24 %
Cholesterol 30mg **	10 %
Sodium 494mg **	21 %
Total Carbohydrate 10g	4 %
Dietary Fiber 1.4g **	5 %
Sugar 3.8g **	
Protein 6.9g	14 %
Vitamin D 0.1mcg **	0 %
Calcium 207mg **	16 %
Iron 0.9mg **	5 %
Potassium 444mg **	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

The 2023 version of our Family Spaghetti sauce recipe, promoting organic ingredients and larger proportion of vegetables, nutritional yeast and flaxseed meal added, seasoned chicken, and no added cheese produced greater nutritional value with fewer calories per serving.

2023 ingredients:

Ingredient	Amount	Weight / serving	Calories / serving
Minced garlic	3 tsp = 15 g	0.94 g	0.9
Summer squash, raw, yellow	200 g	12.5 g	2.4
Raw Zucchini	2.5 cup = 310 g	19.38 g	3.3
Tomatoes, canned, crushed	28 ounce = 794 g	49.61 g	16
Seasoned , ground chicken	1 pound = 454 g	28.35 g	38
Organic Nutritional Yeast	3 1TBS = 15 g	0.94 g	3.8
Organic Flaxseed Meal	2 Tbsp = 15 g	0.94 g	5.6
Water, tap	2 cup = 480 g	30 g	0
Extra virgin olive oil	1 tbsp (15.0 ml) aprx = 14 g	0.86 g	6.9
Italian seasoning	2 tsp = 7 g	0.42 g	1
Basil, fresh	5 leaves = 3 g	0.16 g	0
Rosemary, fresh	1 g	0.06 g	0.1
Thyme, fresh	0.5 tsp = 0 g	0.03 g	0
Tomato paste	12 ounce = 340 g	21.26 g	21
Tomatoes, diced, ripe, red, canned	800 g	50 g	9
Onions, raw	1 cup, chopped = 160 g	10 g	4
Mushrooms, raw, Baby Bella	1 cup diced = 20 g	1.25 g	5.4

The 2023 version nutrition facts:

Nutrition Facts

Portion Size	227 g
Amount Per Portion	118
Calories	
	% Daily Value *
Total Fat 3g	4 %
Saturated Fat 0.6g **	3 %
Cholesterol 28mg **	9 %
Sodium 233mg	10 %
Total Carbohydrate 14g	5 %
Dietary Fiber 2.5g **	9 %
Sugar 6.4g **	
Protein 9.3g	19 %
Vitamin D 0mcg **	0 %
Calcium 42mg **	3 %
Iron 1.8mg **	10 %
Potassium 393mg **	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

For a complete side-by-side comparison per serving:

Amounts Daily values

Nutrient	<u>Meal 2008</u>	<u>Meal 2023</u>
Weight	<u>239 g</u>	<u>227 g</u>
Calories	146.15 kcal	117.70 kcal

Vitamins		
Vitamin A, RAE	5 %	1 %
Thiamin	7 %	16 %
Riboflavin	24 %	3 %
Niacin	3 %	12 %
Pantothenic acid	7 %	48 %
Vitamin B6	18 %	44 %
Vitamin B12	24 %	0 %
Folate, DFE	9 %	4 %
Vitamin C	21 %	27 %
Vitamin D	1 %	0 %
Vitamin E (alpha-tocopherol)	1 %	4 %
Vitamin K	3 %	4 %
Biotin		3 %
Choline	2 %	1 %
Minerals		
Calcium	16 %	3 %
Copper	11 %	38 %
Iron	5 %	10 %
Magnesium	8 %	8 %

Manganese	5 %	9 %
Phosphorus	12 %	4 %
Potassium	9 %	8 %
Selenium	10 %	5 %
Sodium	21 %	10 %
Zinc	11 %	4 %
Proteins		
Protein	14 %	19 %
Fats		
Fat	12 %	4 %
Saturated fatty acids	24 %	3 %
Carbohydrates		
Carbohydrate	4 %	5 %
Fiber	5 %	9 %
Sterols		
Cholesterol	10 %	9 %