



 **8%**
HEALTH SCORE

Authentic Bolognese Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



476 kcal

SAUCE

Ingredients

- 1 large carrots finely chopped
- 1 rib celery stalks finely chopped
- 1.5 cups wine dry white
- 3 garlic clove minced
- 2 pounds ground beef
- 3 tablespoons olive oil
- 1 onion diced
- 4 ounces pancetta finely chopped

- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup tomato paste
- 1.5 cups milk whole

Equipment

- frying pan

Directions

- In a large skillet, heat oil over medium heat. Cook pancetta, onion, carrot, celery, and garlic until soft, about 10–15 minutes.
- Add ground beef and cook until no longer pink. Stir in wine, milk, and tomato paste.
- Add salt and pepper. Simmer uncovered for 1 hour, until most of the liquid is absorbed.

Nutrition Facts

■ PROTEIN **21.32%** ■ FAT **71.75%** ■ CARBS **6.93%**

Properties

Glycemic Index:33.23, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:15.690434782609%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 475.81kcal (23.79%), Fat: 35.1g (54.01%), Saturated Fat: 12.18g (76.13%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.76g (2.46%), Sugar: 4.65g (5.17%), Cholesterol: 95.36mg (31.79%), Sodium: 552mg (24%), Alcohol: 4.64g (25.75%), Protein: 23.47g (46.93%), Vitamin B12: 2.74µg (45.74%), Zinc: 5.26mg (35.07%), Vitamin A: 1709.38IU (34.19%), Selenium: 21.45µg (30.65%), Vitamin B3: 5.83mg (29.13%), Phosphorus: 269.77mg (26.98%),

Vitamin B6: 0.52mg (25.77%), Potassium: 573.32mg (16.38%), Vitamin B2: 0.27mg (16.01%), Iron: 2.74mg (15.24%),
Vitamin E: 1.72mg (11.48%), Calcium: 93.4mg (9.34%), Magnesium: 37.38mg (9.34%), Vitamin B1: 0.14mg (9.02%),
Vitamin B5: 0.9mg (9.01%), Manganese: 0.16mg (7.92%), Vitamin K: 7.96µg (7.58%), Copper: 0.12mg (6.1%), Vitamin
D: 0.67µg (4.49%), Vitamin C: 3.7mg (4.48%), Fiber: 0.88g (3.51%), Folate: 13.79µg (3.45%)