



Baked Bolognese

READY IN



70 min.

SERVINGS



6

CALORIES



964 kcal

SAUCE

Ingredients

- 0.5 stick butter
- 28 ounce canned tomatoes whole peeled canned
- 2 dashes chili flakes red
- 3 tablespoons flour all-purpose
- 4 large cloves garlic minced
- 1.5 pounds ground beef
- 1 Dash ground cinnamon
- 2 cups three-cheese blend divided grated
- 3 tablespoons olive oil extra-virgin

- 1 large onion
- 2 teaspoons oregano dried
- 1 pound parcooked rigatoni
- 6 servings salt and pepper black freshly ground
- 6 servings sugar
- 0.3 cup white wine
- 1.5 cups milk whole warmed

Equipment

- frying pan
- sauce pan
- oven
- whisk

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Add oil to large skillet over high heat.
- Add ground beef and saute, breaking up the meat into crumbles as it cooks.
- Add garlic, oregano and chili flakes and cook a couple minutes.
- Add tomatoes and season, to taste, with sugar, salt and pepper. Simmer for 10 minutes.
- In a large saucepan melt butter over medium-high heat until bubbling.
- Add onions and saute until translucent.
- Sprinkle with flour, stirring constantly and cook until the mixture begins to thicken. Gradually whisk in the wine, if using, and then gradually whisk in the milk and nutmeg and cook until smooth, thick and creamy.
- Combine the meat sauce and pasta, and then pour in half the pasta mixture. Spoon half the bechamel over the pasta and top with half the cheese. Repeat with the remaining ingredients.
- Bake 30 to 45 minutes until browned and bubbly.

Nutrition Facts

PROTEIN 17.77% FAT 46.91% CARBS 35.32%

Properties

Glycemic Index:64.85, Glycemic Load:35, Inflammation Score:-8, Nutrition Score:27.445652111717%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 963.96kcal (48.2%), Fat: 50.11g (77.09%), Saturated Fat: 17.41g (108.79%), Carbohydrates: 84.88g (28.29%), Net Carbohydrates: 80.06g (29.11%), Sugar: 21.36g (23.73%), Cholesterol: 115.55mg (38.52%), Sodium: 432.37mg (18.8%), Alcohol: 1.37g (100%), Alcohol %: 0.35% (100%), Protein: 42.7g (85.39%), Selenium: 68.05µg (97.21%), Manganese: 1mg (49.85%), Vitamin B12: 2.77µg (46.2%), Phosphorus: 430.07mg (43.01%), Zinc: 6.4mg (42.64%), Vitamin B3: 7.44mg (37.2%), Vitamin B6: 0.74mg (36.78%), Iron: 5.14mg (28.53%), Potassium: 892.5mg (25.5%), Calcium: 254.44mg (25.44%), Vitamin B2: 0.41mg (24.23%), Magnesium: 89.13mg (22.28%), Copper: 0.41mg (20.58%), Vitamin E: 2.97mg (19.78%), Fiber: 4.82g (19.29%), Vitamin C: 14.8mg (17.94%), Vitamin B1: 0.26mg (17.25%), Vitamin K: 15.92µg (15.16%), Vitamin B5: 1.37mg (13.65%), Vitamin A: 600.82IU (12.02%), Folate: 45.92µg (11.48%), Vitamin D: 0.78µg (5.23%)