

**28%**
HEALTH SCORE

Best Ever Bolognese Sauce

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**1079 kcal**

SAUCE

Ingredients

- 3 bay leaves
- 28 ounce beef broth canned
- 0.5 cup carrots chopped
- 0.5 cup celery
- 1 cup wine dry red
- 1 tablespoon thyme sprigs fresh chopped
- 4 garlic clove minced
- 1 pound ground pork
- 1 pound ground veal

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- 6 servings olive oil
- 6 servings parmesan cheese freshly grated
- 1 pound soup noodles uncooked
- 2 slices bacon diced thick-cut
- 1.5 cups canned tomatoes canned
- 1 cup onion white yellow chopped

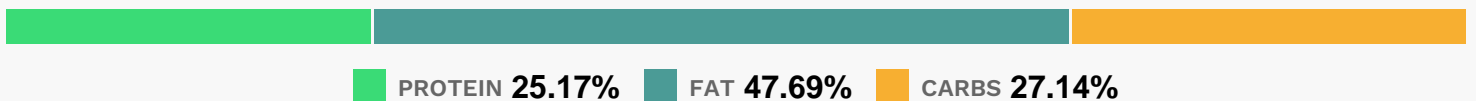
Equipment

- pot
- spatula

Directions

- Heat oil in heavy large pot over medium-high heat.
- Add bacon and saut until just beginning to brown (about 5-6 minutes).
- Add onion, celery, carrot, garlic, and thyme; saut 5 minutes.
- Add veal and pork; saut until brown and cooked through, breaking up meat with spatula, about 10 minutes.
- Add wine and bay leaves and simmer until liquid is slightly reduced, about 10 minutes.
- Add broth and tomato puree, then reduce heat to medium-low and simmer until sauce thickens, stirring often, about 1 hour. Season with salt and pepper. Boil pasta in large pot of boiling salted water until just tender but al dente (firm to bite), stirring often.
- Drain.
- Transfer to pot with sauce; toss.
- Serve with Parmesan.

Nutrition Facts



Properties

Glycemic Index:43.47, Glycemic Load:25.1, Inflammation Score:-10, Nutrition Score:40.585217391304%

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 Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Taste

Sweetness: 27.12%, Saltiness: 100%, Sourness: 33.44%, Bitterness: 25.27%, Savoriness: 67.49%, Fattiness: 73.5%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 1079.47kcal (53.97%), Fat: 55.12g (84.8%), Saturated Fat: 18.75g (117.2%), Carbohydrates: 70.57g (23.52%), Net Carbohydrates: 65.9g (23.96%), Sugar: 6.47g (7.19%), Cholesterol: 212.43mg (70.81%), Sodium: 1363.2mg (59.27%), Alcohol: 4.2g (23.33%), Protein: 65.45g (130.89%), Selenium: 93.29µg (133.27%), Vitamin B3: 18.38mg (91.9%), Phosphorus: 843.99mg (84.4%), Vitamin B6: 1.26mg (62.98%), Zinc: 9.09mg (60.58%), Vitamin B1: 0.86mg (57.15%), Vitamin B12: 3.11µg (51.88%), Manganese: 1.01mg (50.49%), Vitamin B2: 0.83mg (48.81%), Vitamin A: 2278.31IU (45.57%), Potassium: 1299.97mg (37.14%), Calcium: 365.37mg (36.54%), Vitamin B5: 3.27mg (32.7%), Magnesium: 124.7mg (31.18%), Copper: 0.58mg (28.79%), Iron: 4.54mg (25.23%), Vitamin E: 3.55mg (23.69%), Fiber: 4.67g (18.7%), Vitamin K: 16.23µg (15.46%), Folate: 60.15µg (15.04%), Vitamin C: 11.47mg (13.91%), Vitamin D: 0.2µg (1.32%)