



Bloody Mary Bolognese

READY IN



80 min.

SERVINGS



4

CALORIES



848 kcal

SAUCE

Ingredients

- ☐ 1 tbsp cooking oil
- ☐ 1 onion red finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 celery stalks chopped
- ☐ 1 to 5 chillies red finely chopped (if you want less spice just add)
- ☐ 500 g ground beef lean
- ☐ 2 tbsp worcestershire sauce
- ☐ 1 glass veggie broth
- ☐ 400 g canned tomatoes chopped canned

- ☐ 500 g penne pasta
- ☐ 4 servings cheddar cheese grated

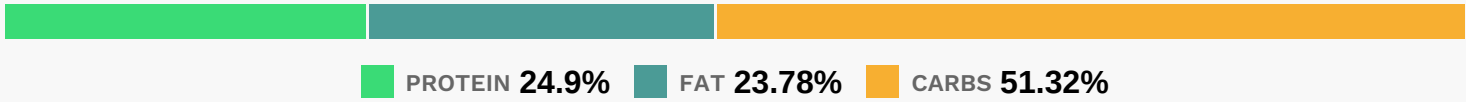
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan, then add the onion, garlic, celery and chilli. Cook gently for 5–10 mins until soft.
- ☐ Up the heat and throw in your beef mince. Cook until just coloured, then add the Worcestershire sauce, red wine or stock and tinned tomatoes. Slowly cook the bolognese for 30 mins–1 hr depending how much time you have, but longer will taste better.
- ☐ Boil some water, add in your pasta and cook according to pack instructions.
- ☐ Drain, then throw the pasta into the pan with the sauce and mix it all together. Dish up and serve with lashings of grated cheese over the top. Heaven!

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:41.19, Inflammation Score:-8, Nutrition Score:35.220869489338%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 847.85kcal (42.39%), Fat: 22.21g (34.16%), Saturated Fat: 9.23g (57.72%), Carbohydrates: 107.86g (35.95%), Net Carbohydrates: 101.26g (36.82%), Sugar: 10.99g (12.21%), Cholesterol: 107.5mg (35.83%), Sodium: 768.67mg (33.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.31g (104.63%), Selenium: 110.3µg (157.57%), Manganese: 1.43mg (71.42%), Phosphorus: 673.84mg (67.38%), Zinc: 9.61mg (64.05%), Vitamin B3: 10.48mg (52.39%), Vitamin B12: 3.12µg (51.97%), Vitamin B6: 0.95mg (47.41%), Iron: 6.6mg (36.68%), Vitamin C:

29.04mg (35.2%), Copper: 0.7mg (34.89%), Potassium: 1182.94mg (33.8%), Magnesium: 128.89mg (32.22%), Calcium: 304.11mg (30.41%), Vitamin B2: 0.49mg (28.91%), Fiber: 6.6g (26.4%), Vitamin B1: 0.28mg (18.5%), Vitamin B5: 1.81mg (18.13%), Vitamin E: 2.67mg (17.81%), Vitamin A: 764.75IU (15.3%), Folate: 57.31µg (14.33%), Vitamin K: 11.4µg (10.85%), Vitamin D: 0.31µg (2.03%)