



## Bolognese



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

SAUCE

## Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 cups tomatoes canned crushed
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.7 cup celery chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup parsley fresh chopped

- ☐ 6 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 pound ground pork lean
- ☐ 0.5 pound ground veal
- ☐ 0.5 pound ground beef lean
- ☐ 1 cup lower-sodium beef broth
- ☐ 1.8 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons tomato paste

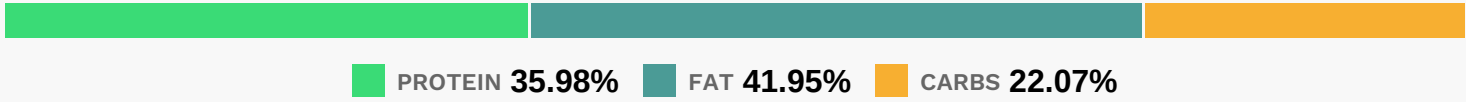
## Equipment

- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add onion, celery, carrot, and garlic to pan; saut 4 minutes.
- ☐ Add beef, pork, and veal to vegetable mixture. Cook 5 minutes or until browned; stir to crumble.
- ☐ Drain meat mixture; place in a 6-quart electric slow cooker. Stir in tomatoes and remaining ingredients. Cover and cook on LOW for 8 hours.
- ☐ Remove and discard bay leaf.
- ☐ Freezer Tip: The beauty of bolognese? It freezes well. Make it ahead to have on hand for busy weeknights.

## Nutrition Facts



## Properties

Glycemic Index:60.49, Glycemic Load:4.22, Inflammation Score:-9, Nutrition Score:21.015652138254%

## 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: 5.71mg, Apigenin: 5.71mg, Apigenin: 5.71mg, Apigenin: 5.71mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg

## Nutrients (% of daily need)

Calories: 302.17kcal (15.11%), Fat: 12.82g (19.72%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 12.12g (4.41%), Sugar: 7.34g (8.16%), Cholesterol: 81.65mg (27.22%), Sodium: 389.67mg (16.94%), Alcohol: 4.2g (100%), Alcohol %: 1.59% (100%), Protein: 24.73g (49.46%), Vitamin K: 54.33µg (51.74%), Vitamin A: 2270.49IU (45.41%), Vitamin B3: 7.72mg (38.62%), Vitamin B6: 0.67mg (33.64%), Selenium: 20.34µg (29.06%), Zinc: 4.31mg (28.74%), Vitamin B1: 0.41mg (27.44%), Vitamin B12: 1.62µg (26.96%), Phosphorus: 268.69mg (26.87%), Potassium: 835.39mg (23.87%), Vitamin C: 15.79mg (19.14%), Vitamin B2: 0.32mg (19.11%), Manganese: 0.37mg (18.31%), Iron: 3.17mg (17.58%), Copper: 0.26mg (13.23%), Vitamin B5: 1.31mg (13.15%), Magnesium: 49.55mg (12.39%), Fiber: 3.05g (12.2%), Folate: 36.97µg (9.24%), Vitamin E: 1.37mg (9.13%), Calcium: 72.81mg (7.28%)