



Bolognese Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



184 kcal

SAUCE

Ingredients

- ☐ 0.5 lb ground beef 90% (at least)
- ☐ 0.5 lb sausage meat italian
- ☐ 1 cup onion chopped
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 28 oz canned tomatoes whole organic peeled undrained canned
- ☐ 15 oz tomato sauce organic canned

- ☐ 0.5 cup wine dry red
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 2 teaspoons basil dried crushed
- ☐ 2 teaspoons oregano dried crushed
- ☐ 0.5 teaspoon coarse salt (kosher or sea salt)
- ☐ 0.3 teaspoon pepper

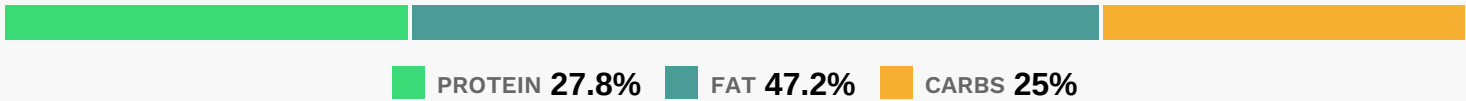
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, cook beef, sausage, onion, carrot, celery and garlic over medium heat, stirring frequently, until beef and sausage are thoroughly cooked; drain.
- ☐ Stir in tomatoes, breaking up with spoon. Stir in remaining ingredients.
- ☐ Heat to boiling. Reduce heat; simmer uncovered about 30 minutes or until slightly thickened.
- ☐ Serve over cooked pasta as desired.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:14.676521550054%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 4.23mg, Apigenin: 4.23mg, Apigenin: 4.23mg, Apigenin: 4.23mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 184.23kcal (9.21%), Fat: 9.33g (14.36%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 8.25g (3%), Sugar: 5.62g (6.25%), Cholesterol: 37.99mg (12.66%), Sodium: 751.2mg (32.66%), Alcohol: 1.58g (100%), Alcohol %: 0.76% (100%), Protein: 12.37g (24.74%), Vitamin K: 45.82µg (43.64%), Vitamin A: 1901.53IU (38.03%), Vitamin C: 18.27mg (22.15%), Vitamin B3: 4.32mg (21.59%), Vitamin B6: 0.43mg (21.44%), Potassium: 614.16mg (17.55%), Iron: 3.1mg (17.21%), Zinc: 2.45mg (16.3%), Vitamin B12: 0.88µg (14.6%), Phosphorus: 142.63mg (14.26%), Manganese: 0.27mg (13.36%), Vitamin E: 1.78mg (11.87%), Fiber: 2.87g (11.48%), Vitamin B2: 0.19mg (11.31%), Vitamin B1: 0.17mg (11.24%), Copper: 0.2mg (10.02%), Magnesium: 37.3mg (9.32%), Selenium: 5.73µg (8.19%), Vitamin B5: 0.74mg (7.4%), Calcium: 72.32mg (7.23%), Folate: 26.88µg (6.72%), Vitamin D: 0.4µg (2.65%)