



Bolognese Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

SAUCE

Ingredients

- ☐ 84 ounce tomatoes diced canned
- ☐ 0.8 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 teaspoons kosher salt
- ☐ 1.5 pounds meat-loaf mix
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 6 ounce tomato paste canned

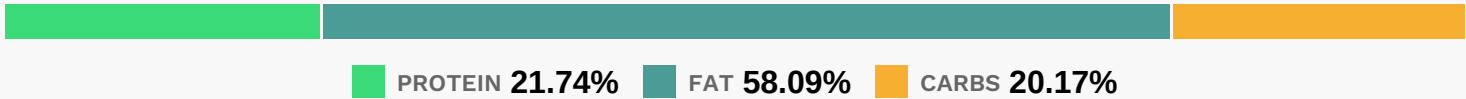
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, combine the onion, celery, carrot, and olive oil and cook over medium heat, stirring frequently, until tender, about 10 minutes.
- ☐ Add the meat and cook, stirring frequently, until it loses its pink color.
- ☐ Add the milk. Increase heat to high and cook until the milk has evaporated.
- ☐ Transfer the mixture to 4- to 6-quart heavy casserole. Return the skillet to the heat and add the tomato paste; cook over low heat to reduce its bitterness, about 5 minutes.
- ☐ Add the tomato paste to the casserole, along with the tomatoes, salt, and nutmeg. Cook the sauce over low heat, uncovered, for 2 to 3 hours. Stir frequently.

Nutrition Facts



Properties

Glycemic Index:41.97, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:28.222608701043%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 444.17kcal (22.21%), Fat: 29.37g (45.18%), Saturated Fat: 10.24g (64.01%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 17.6g (6.4%), Sugar: 14.13g (15.7%), Cholesterol: 85.39mg (28.46%), Sodium: 2265.16mg (98.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Vitamin A: 3302.38IU (66.05%), Vitamin C: 41.72mg (50.56%), Vitamin B6: 0.92mg (45.94%), Vitamin B12: 2.65µg (44.11%), Vitamin B3: 8.21mg

(41.05%), Zinc: 5.62mg (37.46%), Potassium: 1289.9mg (36.85%), Iron: 6.56mg (36.42%), Phosphorus: 316.57mg (31.66%), Vitamin E: 4.34mg (28.94%), Vitamin B2: 0.47mg (27.93%), Selenium: 18.47µg (26.39%), Calcium: 216.13mg (21.61%), Vitamin K: 22.62µg (21.54%), Fiber: 5.35g (21.41%), Manganese: 0.43mg (21.4%), Copper: 0.41mg (20.68%), Magnesium: 78.01mg (19.5%), Vitamin B1: 0.29mg (19.36%), Vitamin B5: 1.35mg (13.49%), Folate: 52.1µg (13.03%), Vitamin D: 0.56µg (3.74%)