



Bolognese Sauce

 Gluten Free

READY IN



540 min.

SERVINGS



8

CALORIES



282 kcal

SAUCE

Ingredients

- ☐ 56 oz tomatoes crushed canned
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 2 pounds ground beef lean
- ☐ 1 pinch nutmeg
- ☐ 1 small onion chopped
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon butter unsalted

- ☐ 1 cup white wine
- ☐ 1 cup milk whole

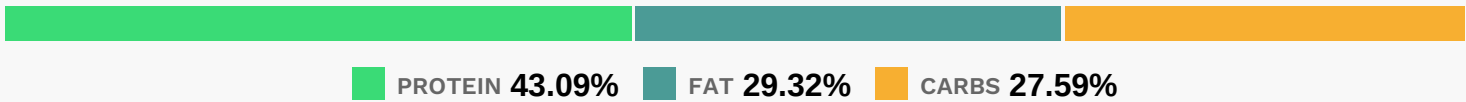
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion, celery and carrot and cook, stirring, until vegetables have softened, about 5 minutes. Turn heat to high, add beef and cook, breaking up with a spoon, until no longer pink, about 5 minutes. Season with salt, pepper and nutmeg.
- ☐ Pour in milk and wine and bring to a boil. Lower heat and cook at a lively simmer until most of liquid has evaporated, about 15 minutes.
- ☐ Transfer mixture to slow cooker, stir in tomatoes, cover and cook on low for 8 hours.
- ☐ Remove cover, stir and cook until sauce is slightly thickened, about 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:5.19, Inflammation Score:-9, Nutrition Score:23.72695674067%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 282.29kcal (14.11%), Fat: 8.7g (13.39%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 14.19g (5.16%), Sugar: 11.32g (12.58%), Cholesterol: 77.73mg (25.91%), Sodium: 553.5mg (24.07%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 28.78g (57.56%), Vitamin B12: 2.71µg (45.13%), Vitamin B3: 8.82mg (44.11%), Zinc: 6.51mg (43.42%), Vitamin B6: 0.8mg (40.04%), Vitamin A: 1816.39IU (36.33%), Phosphorus: 331.33mg (33.13%), Potassium: 1091.93mg (31.2%), Selenium: 21.62µg (30.89%), Iron: 5.42mg (30.09%), Vitamin C: 19.51mg (23.65%), Copper: 0.46mg (23.11%), Manganese: 0.44mg (22.12%), Vitamin B2: 0.34mg (20.16%), Vitamin E: 2.92mg (19.46%), Magnesium: 73.91mg (18.48%), Fiber: 4.24g (16.95%), Vitamin B1: 0.22mg (14.97%), Vitamin B5: 1.45mg (14.53%), Vitamin K: 13.7µg (13.05%), Calcium: 125.19mg (12.52%), Folate: 36.83µg (9.21%), Vitamin D: 0.48µg (3.17%)