



WHATSheATE



Bolognese with a difference



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



644 kcal

SAUCE

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 onion
- ☐ 2 garlic clove crushed
- ☐ 1 stick celery finely chopped
- ☐ 450 g ground beef minced
- ☐ 2 tbsp sun-dried tomato paste
- ☐ 400 g canned tomatoes chopped canned
- ☐ 150 ml beef stock

- ☐ 50 g olives chopped
- ☐ 1 handful basil fresh
- ☐ 4 servings pasta like spaghetti

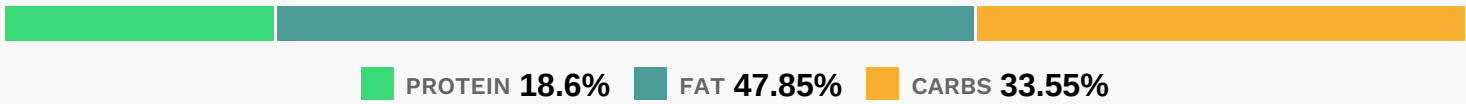
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large pan and cook the chopped onion, garlic and chopped celery for 3-4 minutes over a medium heat until the onion has softened slightly. Tip in the lean minced beef and cook, stirring occasionally, for 3-4 minutes until browned all over. Stir in the sun-dried tomato paste and cook for 1 minute.
- ☐ Add the chopped tomatoes.
- ☐ Pour the beef stock into the empty tomato can, swish around then add to the pan. Stir in the pitted black chopped olives. Bring to the boil, reduce the heat, then cover and simmer gently for 35-40 minutes, until very tender. Season well and stir in a handful of fresh torn basil leaves.
- ☐ Toss with cooked spaghetti and serve.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:19.61, Inflammation Score:-7, Nutrition Score:23.587391272835%

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 643.66kcal (32.18%), Fat: 33.86g (52.09%), Saturated Fat: 10.08g (62.98%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 48.65g (17.69%), Sugar: 7.48g (8.32%), Cholesterol: 79.88mg (26.63%), Sodium: 631.95mg (27.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.62g (59.24%), Selenium: 53.83µg (76.9%), Vitamin B12: 2.41µg (40.13%), Zinc: 5.91mg (39.42%), Manganese: 0.78mg (39.22%), Vitamin B3: 7.37mg (36.85%), Phosphorus: 340.83mg (34.08%), Vitamin B6: 0.68mg (33.87%), Iron: 4.98mg (27.66%), Potassium: 870.97mg (24.88%), Copper: 0.47mg (23.41%), Vitamin E: 3.3mg (21.99%), Magnesium: 77.39mg (19.35%), Fiber: 4.77g (19.09%), Vitamin B2: 0.3mg (17.81%), Vitamin K: 16.95µg (16.14%), Vitamin C: 12.1mg (14.67%), Vitamin B1: 0.21mg (13.79%), Vitamin A: 583.59IU (11.67%), Vitamin B5: 1.16mg (11.55%), Folate: 41.3µg (10.33%), Calcium: 89.55mg (8.95%)