



WHATSheATE



Classic Bolognese Sauce



Gluten Free



Popular

READY IN



225 min.

SERVINGS



6

CALORIES



400 kcal

SAUCE

Ingredients

- ☐ 2 ounces pancetta finely chopped
- ☐ 1 medium onion yellow spanish finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 1 carrots finely chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 11 ounces ground beef
- ☐ 4 ounces ground pork
- ☐ 4 ounces ground sausage italian

- ☐ 1 cloves freshly ground
- ☐ 1 Dash cinnamon freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 pounds canned tomatoes whole packed in water) peeled chopped canned
- ☐ 1 cup milk whole
- ☐ 0.5 teaspoon sea salt

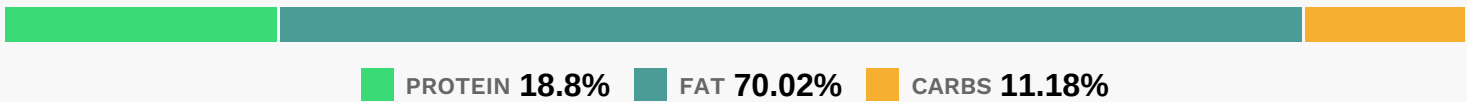
Equipment

- ☐ frying pan

Directions

- ☐ Combine pancetta, onion, celery, and carrot in sauté pan with butter and cook over medium heat until onion turns pale gold, about 10 minutes.
- ☐ Add the beef, pork, and sausage to the soffritto, and cook until browned, about 5 minutes.
- ☐ Sprinkle with the clove, cinnamon, and pepper.
- ☐ Add the tomatoes and simmer: Stir in tomatoes, increase the heat to bring to a simmer and then reduce the heat back to medium. Cook over medium heat for 15 minutes. If you are using whole canned tomatoes, break them up as you add them to the sauce.
- ☐ Add milk and season with sea salt. Then turn down the heat to low, partially cover, and simmer for 2 and 1/2 hours. Stir at least every 20 minutes.
- ☐ Whenever the sauce gets too dry and starts sticking to the pan, just add 1/4 cup of water and scrape up any browned bits from the bottom of the pan.
- ☐ Serve: Bolognese is traditionally served with fresh tagliatelle pasta, but you can also serve it with fettucine, pappardelle, penne, or other pasta. Sauce freezes well for future use.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:17.099565174269%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 399.63kcal (19.98%), Fat: 31.31g (48.16%), Saturated Fat: 13.26g (82.86%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.83g (7.58%), Cholesterol: 91.04mg (30.35%), Sodium: 680.36mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.82%), Vitamin A: 2124.43IU (42.49%), Selenium: 20.15µg (28.79%), Vitamin B12: 1.7µg (28.25%), Vitamin B6: 0.55mg (27.62%), Vitamin B1: 0.4mg (26.73%), Vitamin B3: 5.26mg (26.31%), Phosphorus: 236.69mg (23.67%), Zinc: 3.49mg (23.24%), Vitamin C: 16.54mg (20.05%), Potassium: 673.12mg (19.23%), Vitamin B2: 0.31mg (18.47%), Iron: 3.02mg (16.8%), Manganese: 0.26mg (12.9%), Calcium: 125.46mg (12.55%), Magnesium: 41.65mg (10.41%), Vitamin E: 1.54mg (10.3%), Vitamin B5: 0.93mg (9.3%), Fiber: 2.29g (9.16%), Copper: 0.18mg (9.11%), Vitamin K: 8.02µg (7.64%), Folate: 23.95µg (5.99%), Vitamin D: 0.64µg (4.28%)