



Dad's Bolognese Meat Sauce

 Gluten Free

READY IN



145 min.

SERVINGS



6

CALORIES



529 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup butter
- ☐ 14 ounce beef broth canned
- ☐ 7 carrots coarsely chopped
- ☐ 1 pinch basil dried
- ☐ 1.5 pounds ground beef
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 4 slices ham

- ☐ 1 tablespoon heavy cream
- ☐ 1 lemon zest
- ☐ 6 ounce tomato paste canned
- ☐ 1 small onion white chopped

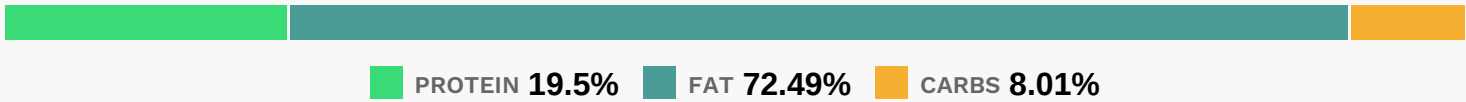
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble very finely and set aside.
- ☐ In a food processor, chop the carrots, onion and ham.
- ☐ Melt butter in a large saucepan over low heat. Stir in carrot mixture and simmer for 3 to 5 minutes. Stir in cooked beef, beef broth, tomato paste, lemon zest, bay leaves, basil and nutmeg. Simmer over lowest heat, partially covered, for at least 2 hours, stirring occasionally.
- ☐ Immediately before serving, stir in cream and mix well.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:21.2213045255%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 528.66kcal (26.43%), Fat: 42.66g (65.62%), Saturated Fat: 20.36g (127.26%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 7.58g (2.76%), Sugar: 5.39g (5.99%), Cholesterol: 135.58mg (45.19%), Sodium: 753.2mg (32.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.65%), Vitamin A: 12464.08IU (249.28%), Vitamin B12: 2.63µg (43.81%), Zinc: 5.49mg (36.6%), Vitamin B3: 7.23mg (36.15%), Selenium: 22.29µg (31.85%), Vitamin B6: 0.61mg (30.27%), Phosphorus: 272.75mg (27.27%), Potassium: 737.94mg (21.08%), Iron: 3.27mg (18.19%), Vitamin B2: 0.3mg (17.44%), Vitamin K: 17.25µg (16.42%), Vitamin B1: 0.24mg (15.99%), Vitamin E: 1.84mg (12.27%), Fiber: 3.01g (12.04%), Manganese: 0.22mg (11.14%), Vitamin C: 9.01mg (10.92%), Magnesium: 42.37mg (10.59%), Vitamin B5: 0.99mg (9.87%), Copper: 0.18mg (9.15%), Folate: 31µg (7.75%), Calcium: 73.96mg (7.4%), Vitamin D: 0.28µg (1.89%)