



WHATSheATE



HEALTH SCORE

55%

Funghi di Bosco in Umido: Mushroom Ragu



Vegetarian



Vegan



Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



497 kcal

SIDE DISH

Ingredients

- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 4 jalapeño peppers halved seeded thinly sliced
- ☐ 4 pounds mushrooms assorted cleaned cut into 1-inch pieces cremini, porcini, portobello, shiitake, chanterelle

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 2 medium onions red thinly sliced
- ☐ 6 servings rustic bread sliced
- ☐ 6 servings salt
- ☐ 6 scallions thinly sliced

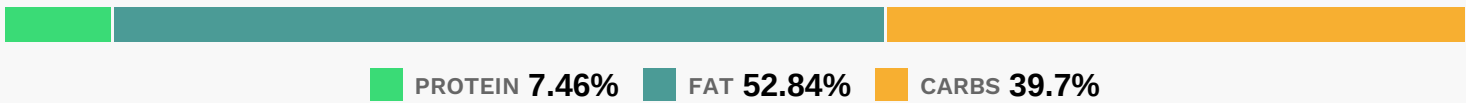
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a 12 to 14-inch skillet, heat the olive oil over high heat until smoking.
- ☐ Add the onions, garlic, and jalapenos and cook until wilted and starting to brown, about 4 to 5 minutes.
- ☐ Add the mushrooms and cook over high heat for 10 minutes, until well-browned.
- ☐ Add the tomato sauce and season with salt and pepper. Cook for 5 minutes more, add the scallions, and then serve immediately with grilled peasant bread.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic, cook until soft, and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot, and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:44.97, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:40.891739513563%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 14.32mg, Quercetin: 14.32mg, Quercetin: 14.32mg, Quercetin: 14.32mg

Nutrients (% of daily need)

Calories: 497.26kcal (24.86%), Fat: 30.21g (46.48%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 51.06g (17.02%), Net Carbohydrates: 34g (12.36%), Sugar: 19.26g (21.4%), Cholesterol: 0mg (0%), Sodium: 682.9mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Vitamin D: 16.03µg (106.85%), Iron: 14.61mg (81.16%), Vitamin B3: 15.52mg (77.62%), Fiber: 17.06g (68.25%), Copper: 1.32mg (65.98%), Manganese: 1.3mg (65.13%), Potassium: 2261.4mg (64.61%), Vitamin C: 49.15mg (59.58%), Vitamin B2: 0.87mg (51.09%), Vitamin K: 47.84µg (45.56%), Vitamin B5: 3.72mg (37.21%), Vitamin E: 5.27mg (35.14%), Vitamin A: 1546.8IU (30.94%), Vitamin B6: 0.61mg (30.4%), Phosphorus: 264.46mg (26.45%), Magnesium: 88.33mg (22.08%), Zinc: 2.83mg (18.89%), Calcium: 173.22mg (17.32%), Vitamin B1: 0.24mg (16.07%), Folate: 63.13µg (15.78%), Selenium: 7.88µg (11.25%)