



## Hearty Fettuccini Bolognese Sauce

READY IN



160 min.

SERVINGS



6

CALORIES



1092 kcal

SAUCE

### Ingredients

- 6 ounces pancetta bacon diced
- 29 ounce tomatoes whole with liquid peeled canned
- 1 cup carrots chopped
- 2 cups celery chopped
- 14.5 ounce chicken broth canned
- 0.3 cup olive oil extra virgin
- 5 teaspoons flat parsley italian chopped
- 5 tablespoons basil fresh chopped
- 5 teaspoons thyme leaves fresh chopped

- 2 cloves garlic chopped
- 0.5 pound ground veal
- 2 onions chopped
- 1 cup parmesan cheese grated
- 1 pound fettuccini pasta
- 0.5 pound fatty pork chopped
- 6 servings salt and pepper to taste
- 0.8 pound mild sausage italian
- 0.5 cup milk whole

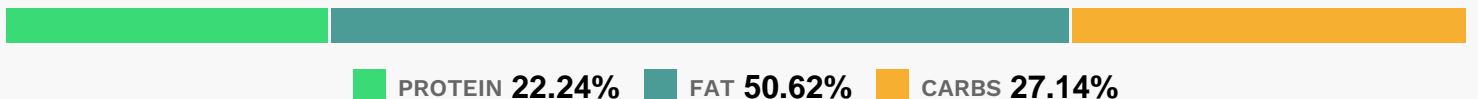
## Equipment

- pot

## Directions

- Heat oil in a large, heavy pot over medium heat.
- Saute onions, celery, carrots and garlic until tender, about 10 minutes. Increase heat to high and add veal, pork, sausage and pancetta; cook until meats are evenly brown.
- Stir in tomatoes, chicken broth, milk, parsley, basil and thyme. Reduce heat to medium-low and simmer, uncovered, for 2 1/2 hours; stir occasionally, breaking up tomatoes with spoon as you stir. Season with salt and pepper to taste.
- Bring a large pot of lightly salted water to a boil.
- Add fettuccini and cook for 8 to 10 minutes or until al dente; drain.
- Serve fettuccini topped with the sauce and Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:65.14, Glycemic Load:24.92, Inflammation Score:-10, Nutrition Score:39.19304303501%

## Flavonoids

Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

## Nutrients (% of daily need)

Calories: 1092.39kcal (54.62%), Fat: 60.96g (93.79%), Saturated Fat: 20.21g (126.34%), Carbohydrates: 73.55g (24.52%), Net Carbohydrates: 67.72g (24.62%), Sugar: 9.3g (10.34%), Cholesterol: 171.21mg (57.07%), Sodium: 1721.93mg (74.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.26g (120.52%), Selenium: 99.35µg (141.93%), Vitamin A: 4361.88IU (87.24%), Phosphorus: 694.62mg (69.46%), Vitamin B1: 0.89mg (59.62%), Vitamin B3: 11.81mg (59.05%), Vitamin B6: 1.08mg (54%), Manganese: 1.04mg (52.09%), Zinc: 7.33mg (48.85%), Vitamin B12: 2.45µg (40.81%), Vitamin B2: 0.64mg (37.39%), Potassium: 1248.31mg (35.67%), Vitamin K: 32.51µg (30.97%), Calcium: 303.65mg (30.36%), Iron: 5.34mg (29.64%), Magnesium: 117.98mg (29.5%), Vitamin C: 22.55mg (27.33%), Copper: 0.52mg (26.21%), Fiber: 5.83g (23.33%), Vitamin E: 3.1mg (20.66%), Vitamin B5: 2.01mg (20.14%), Folate: 63.46µg (15.86%), Vitamin D: 0.49µg (3.26%)