



Homemade Pappardelle with Bolognese Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



698 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound bacon chopped
- ☐ 5 tablespoons butter
- ☐ 0.8 cup carrots chopped
- ☐ 1.3 cups celery chopped
- ☐ 1.5 cups wine dry white
- ☐ 2 large garlic clove chopped
- ☐ 0.8 pound ground venison 15% (fat)
- ☐ 7 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 cups onion chopped
- ☐ 1 cup parmesan cheese freshly grated for passing
- ☐ 1.5 pounds ground sausage italian
- ☐ 7.5 ounces tomato paste
- ☐ 1.5 cups milk whole

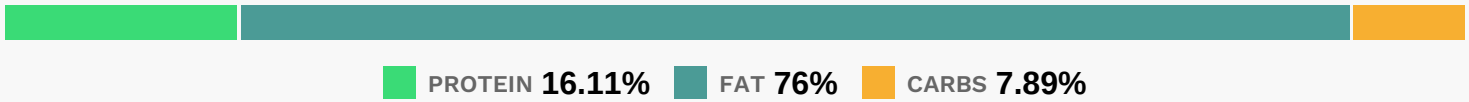
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Melt butter with oil in heavy large pot overmedium heat.
- ☐ Add next 4 ingredients. Sautéuntil vegetables are soft but not brown, 12to 14 minutes.
- ☐ Add beef, sausage, venison,and bacon. Increase heat to high. Cook untilmeat is brown, breaking into small pieceswith back of spoon, about 15 minutes.
- ☐ Stir in milk, wine, and tomato paste.Reduce heat to low. Simmer until sauceis thick, flavors blend, and juices arereduced, stirring occasionally, about 1 hour15 minutes. Season with salt and pepper.DO AHEAD: Can be made 2 days ahead. Cool1 hour. Chill uncovered until cold, thencover and chill. Rewarm over low heat.
- ☐ Cook pasta in very large pot of boilingsalted water until just tender but still firm tobite, stirring often, 4 to 5 minutes if cookingimmediately or 5 to 6 minutes if previouslychilled.
- ☐ Drain, reserving 1 cup cookingliquid. Return pasta to same pot.
- ☐ Add warm
- ☐ Bolognese and 1 cup cheese. Toss overmedium heat until heated through, addingreserved cooking liquid by 1/4 cupfuls if dry.Season with salt and pepper.
- ☐ Transfer pasta to large shallow bowl.
- ☐ Serve, passing additional cheese.
- ☐ Pour a medium-bodiedred, like the Michele Chiarlo 2007 Barberad'Asti "Le Orme" (\$15, Italy).
- ☐ Antelope sausage andvenison burgers (a.k.a. ground venison) areavailable from exoticmeatsandmore.com. You can also buy ground venison from brokenarrowranch.com.

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:3.41, Inflammation Score:-9, Nutrition Score:21.041739069897%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 697.92kcal (34.9%), Fat: 56.87g (87.5%), Saturated Fat: 20.56g (128.5%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.37g (4.13%), Sugar: 6.69g (7.44%), Cholesterol: 129.52mg (43.17%), Sodium: 1170.08mg (50.87%), Alcohol: 3.71g (100%), Alcohol %: 1.51% (100%), Protein: 27.13g (54.26%), Vitamin B1: 0.73mg (48.63%), Selenium: 32.85µg (46.92%), Vitamin A: 2318.71IU (46.37%), Phosphorus: 356.74mg (35.67%), Vitamin B3: 6.44mg (32.18%), Vitamin B6: 0.62mg (30.77%), Vitamin B12: 1.77µg (29.5%), Zinc: 3.92mg (26.1%), Vitamin B2: 0.39mg (22.76%), Potassium: 780.67mg (22.3%), Vitamin E: 2.96mg (19.74%), Calcium: 180.44mg (18.04%), Iron: 2.9mg (16.11%), Vitamin K: 14.75µg (14.05%), Manganese: 0.24mg (12.12%), Magnesium: 47.2mg (11.8%), Vitamin C: 9.53mg (11.55%), Copper: 0.22mg (11.14%), Vitamin B5: 1.09mg (10.94%), Fiber: 1.9g (7.6%), Folate: 22.99µg (5.75%), Vitamin D: 0.59µg (3.92%)