

Jan's Ragù

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 56 ounce canned tomatoes crushed undrained canned
- 0.3 cup cooking wine dry red
- 2 tablespoons basil fresh chopped
- 1 pound ground sirloin
- 2 cups onion chopped
- 1 pound boston butt pork roast boneless cut into 1/2-inch pieces
- 8 cups rigatoni pasta hot tube-shaped cooked (large)
- 0.5 teaspoon salt

1 teaspoon sugar

1 cup water

Equipment

dutch oven

Directions

Heat a Dutch oven over medium-high heat; add pork. Cook 3 minutes, browning on all sides.

Add onion; cook 4 minutes.

Add beef; cook 3 minutes or until beef loses its pink color, stirring to crumble.

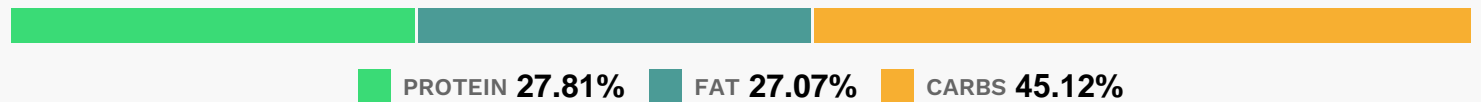
Add wine; cook 7 minutes or until liquid almost evaporates.

Add water and next 4 ingredients (water through tomatoes); bring to a boil. Cover, reduce heat, and simmer 30 minutes. Uncover and cook 1 hour or until pork is tender.

Serve with pasta.

Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:31.7, Glycemic Load:19.34, Inflammation Score:-7, Nutrition Score:26.384782480157%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg 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: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 442.51kcal (22.13%), Fat: 13.27g (20.42%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 43.51g (15.82%), Sugar: 11.49g (12.76%), Cholesterol: 72.57mg (24.19%), Sodium: 485.67mg (21.12%), Alcohol: 0.79g (100%), Alcohol %: 0.2% (100%), Protein: 30.68g (61.35%), Selenium: 52.74µg (75.35%), Vitamin B6: 0.89mg (44.35%), Vitamin B3: 8mg (40%), Manganese: 0.76mg (37.8%), Zinc: 5.57mg (37.11%), Vitamin B1: 0.53mg (35.17%), Phosphorus: 344.87mg (34.49%), Iron: 5.83mg (32.37%), Potassium: 1044.84mg (29.85%), Vitamin B12: 1.75µg (29.11%), Copper: 0.58mg (29.07%), Vitamin C: 21.31mg (25.83%), Vitamin B2: 0.44mg (25.79%), Fiber: 6.26g (25.03%), Magnesium: 84.99mg (21.25%), Vitamin E: 2.9mg (19.32%), Vitamin B5: 1.91mg (19.14%), Vitamin K: 13.49µg (12.85%), Folate: 44.14µg (11.04%), Calcium: 101.98mg (10.2%), Vitamin A: 453.84IU (9.08%), Vitamin D: 0.4µg (2.65%)