



Light-Style Bolognese Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



368 kcal

SAUCE

Ingredients

- 10 ounce extra wide egg noodles uncooked
- 1 tablespoon basil dried fresh finely chopped
- 0.3 cup parsley or dried fresh finely chopped
- 4 cloves garlic minced
- 0.5 pound ground round
- 29 ounce no-salt-added stewed tomatoes italian-style undrained canned
- 1.5 cups onion chopped (1 medium)
- 1 tablespoon oregano dried fresh finely chopped

- 0.3 teaspoon pepper dried red crushed
- 8 ounce no-salt-added tomato sauce canned

Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add onion and garlic; cook, stirring constantly, 3 minutes or until tender.
- Add ground round, and cook until beef is browned, stirring until it crumbles.
- Drain well.
- Add tomatoes and next 4 ingredients to beef mixture in skillet; stir well. Bring to a boil; reduce heat, and simmer, uncovered, 25 minutes, stirring occasionally.
- While sauce simmers, cook noodles according to package directions, omitting salt and fat; drain.
- Place 1 cup noodles on each of 5 individual serving plates. Stir parsley into tomato sauce; spoon evenly over noodles.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:18.96, Inflammation Score:-9, Nutrition Score:24.246521680251%

Flavonoids

Apigenin: 56.3mg, Apigenin: 56.3mg, Apigenin: 56.3mg, Apigenin: 56.3mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 367.62kcal (18.38%), Fat: 7.62g (11.73%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 50.27g (18.28%), Sugar: 8.81g (9.78%), Cholesterol: 77.11mg (25.7%), Sodium: 283.77mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Selenium: 53.49µg (76.42%), Manganese: 1.02mg (50.96%), Vitamin K: 43.95µg (41.86%), Vitamin B6: 0.64mg (31.93%), Iron: 5.64mg (31.36%), Vitamin C: 24.36mg (29.53%), Phosphorus: 290.61mg (29.06%), Vitamin B3: 5.41mg (27.03%), Zinc: 3.86mg (25.71%), Potassium: 876.62mg (25.05%), Fiber: 6.16g (24.63%), Magnesium: 85.79mg (21.45%), Copper: 0.43mg (21.32%), Vitamin B12: 1.17µg (19.45%), Vitamin B2: 0.3mg (17.82%), Vitamin E: 2.56mg (17.04%), Vitamin B1: 0.23mg (15.49%), Calcium: 146.46mg (14.65%), Folate: 52.72µg (13.18%), Vitamin B5: 1.22mg (12.25%), Vitamin A: 501.96IU (10.04%), Vitamin D: 0.22µg (1.44%)