



More veg, less meat summer Bolognese

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



759 kcal

SAUCE

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 onions finely chopped
- ☐ 3 carrots finely chopped
- ☐ 4 celery stalks finely chopped
- ☐ 2 courgettes cut into small cubes
- ☐ 4 garlic cloves finely chopped
- ☐ 250 g pack beef mince
- ☐ 1 tbsp tomato purée

- ☐ 400 g tomatoes chopped canned
- ☐ 400 g fettuccine barilla
- ☐ 200 g pea fresh
- ☐ 1 handful parsley roughly chopped

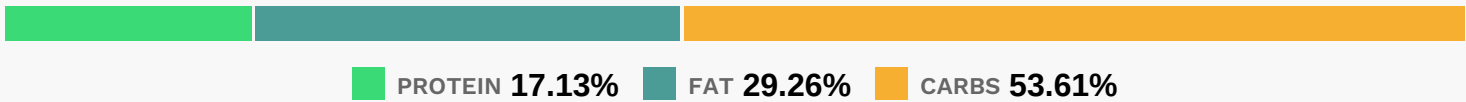
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in large deep frying pan.
- ☐ Add the onions, carrots, celery, courgettes and garlic. Cook for about 10 mins or until soft, adding a few splashes of water if the mixture begins to stick. Turn up the heat and add the mince. Fry for a few mins more, breaking up the mince with the back of a spoon. Stir in tomato pure, pour over the chopped tomatoes and add a can of water. Simmer for 15 mins until the sauce is thick, then season.
- ☐ Meanwhile, cook the fettuccine following pack instructions.
- ☐ Tip the peas into the sauce and simmer for 2 mins more until tender. Stir through the drained pasta and parsley, then serve.

Nutrition Facts



Properties

Glycemic Index:76.46, Glycemic Load:38.08, Inflammation Score:-10, Nutrition Score:40.628695778225%

Flavonoids

Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg

Nutrients (% of daily need)

Calories: 758.96kcal (37.95%), Fat: 25g (38.46%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 103.04g (34.35%), Net Carbohydrates: 91.16g (33.15%), Sugar: 15.17g (16.85%), Cholesterol: 128.38mg (42.79%), Sodium: 244.01mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Vitamin A: 8247.46IU (164.95%), Selenium: 91.01µg (130.02%), Manganese: 1.65mg (82.71%), Phosphorus: 526.68mg (52.67%), Folate: 196.53µg (49.13%), Vitamin B6: 0.95mg (47.64%), Fiber: 11.88g (47.53%), Vitamin C: 36.53mg (44.27%), Zinc: 6.03mg (40.2%), Potassium: 1372.83mg (39.22%), Copper: 0.77mg (38.47%), Vitamin K: 40.22µg (38.31%), Magnesium: 146.37mg (36.59%), Vitamin B3: 7.27mg (36.36%), Iron: 6.51mg (36.19%), Vitamin B1: 0.48mg (32.08%), Vitamin B12: 1.63µg (27.13%), Vitamin B2: 0.41mg (23.84%), Vitamin E: 3.55mg (23.7%), Vitamin B5: 2.15mg (21.51%), Calcium: 144.88mg (14.49%), Vitamin D: 0.36µg (2.42%)