



Mushroom Bolognese

READY IN



70 min.

SERVINGS



6

CALORIES



412 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 14 ounce canned tomatoes whole peeled undrained canned
- ☐ 1.5 pounds cremini mushrooms finely chopped
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 pound ground pork
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 tablespoon kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 2.5 cups onion chopped
- ☐ 1.5 ounces parmigiano-reggiano cheese grated
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water boiling
- ☐ 0.5 cup white wine
- ☐ 0.3 cup milk whole
- ☐ 10 ounces pasta like spaghetti whole-wheat uncooked

Equipment

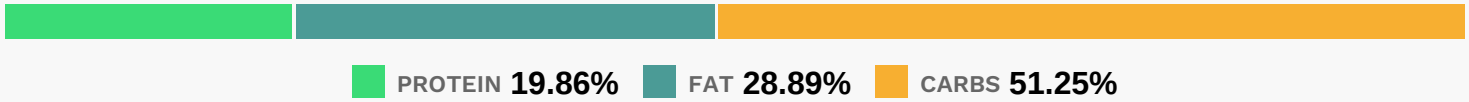
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Combine porcini and boiling water in a bowl; cover and let stand 20 minutes or until soft.
- ☐ Drain porcini in a colander lined with a paper towel over a bowl, reserving liquid. Rinse and chop porcini.
- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion, 1/2 teaspoon salt, 1/4 teaspoon pepper, and pork; cook 10 minutes or until pork is browned, stirring to crumble pork.
- ☐ Add cremini mushrooms, garlic, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper; cook 15 minutes or until liquid almost evaporates, stirring occasionally.
- ☐ Add porcini; cook 1 minute.
- ☐ Add tomato paste; cook 2 minutes, stirring constantly.
- ☐ Add reserved porcini liquid and wine; cook 1 minute, scraping pan to loosen browned bits.
- ☐ Add tomatoes; bring to a boil. Reduce heat; simmer 30 minutes, stirring occasionally and breaking up tomatoes as necessary. Stir in milk; cook 2 minutes.

- ☐
- Cook pasta according to package directions, adding 1 tablespoon salt to cooking water.
- ☐
- Drain. Toss pasta with sauce; top with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:32.366086648858%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 13.9mg, Quercetin: 13.9mg, Quercetin: 13.9mg, Quercetin: 13.9mg

Nutrients (% of daily need)

Calories: 412.28kcal (20.61%), Fat: 13.51g (20.78%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 50.8g (18.47%), Sugar: 7.83g (8.7%), Cholesterol: 33.26mg (11.08%), Sodium: 1746.96mg (75.95%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 20.89g (41.78%), Selenium: 77.06µg (110.08%), Manganese: 1.87mg (93.28%), Copper: 1.03mg (51.61%), Vitamin B2: 0.85mg (49.96%), Vitamin B3: 9.51mg (47.57%), Vitamin B1: 0.7mg (46.68%), Vitamin K: 45.72µg (43.55%), Phosphorus: 434.21mg (43.42%), Vitamin B5: 3.2mg (32.02%), Potassium: 1087.81mg (31.08%), Vitamin B6: 0.6mg (30.23%), Magnesium: 112.89mg (28.22%), Zinc: 3.93mg (26.21%), Iron: 3.81mg (21.19%), Folate: 84.19µg (21.05%), Vitamin C: 16.34mg (19.81%), Calcium: 189.55mg (18.96%), Fiber: 3.12g (12.47%), Vitamin A: 446.16IU (8.92%), Vitamin B12: 0.52µg (8.63%), Vitamin E: 1.08mg (7.21%), Vitamin D: 0.35µg (2.35%)