






 **19%**
HEALTH SCORE

My "Secret" Bolognese Sauce

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

12

CALORIES

560 kcal

SAUCE

Ingredients

- 2 tablespoons olive oil
- 1 lb ground veal
- 1 lb ground veal
- 1 lb ground beef
- 1 lb ground pork
- 1 lb sausage sweet italian
- 2 medium onion diced sweet
- 1 cup carrots diced finely

- 5 garlic clove minced
- 4 tablespoons oregano fresh chopped
- 1 cup red wine (I used DaVinci Chianti)
- 56 ounce canned tomatoes fire roasted crushed canned (You can use regular but try to use if available)
- 56 ounce tomatoes pureed canned
- 3 tablespoons parsley fresh chopped
- 3 tablespoons basil fresh chopped
- 3 tablespoons basil fresh chopped
- 3 teaspoons granulated sugar
- 12 servings salt and pepper to taste

Equipment

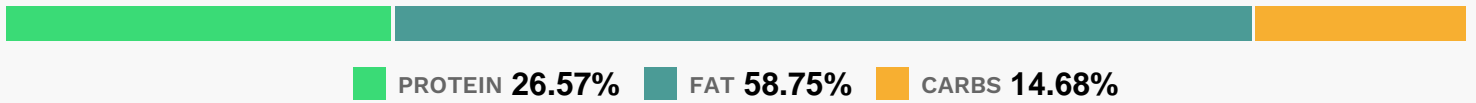
- bowl
- pot
- slotted spoon
- dutch oven

Directions

- In a large, heavy dutch oven or stock pot, heat olive oil over med/high heat.
- Add the ground veal being careful not to crowd the pot. Cook over med/high heat until browned and remove with a slotted spoon to a large bowl.
- Drain all but 2 tablespoons of the fat, add the beef to the pot and cook until browned.
- Remove with slotted spoon and add to the bowl with the veal.
- Drain all but 2 tablespoons of fat and repeat with the pork.
- Drain all the fat and brown the sausage.
- Remove the sausage with the spoon and add to the meat mixture. Do not drain the fat.
- Add the diced onions and carrots to the pot and cook until the onions are translucent and softened stirring occasionally.

- Add the garlic and oregano, continue to cook for about 1-2 minutes.
- Add the wine to the pot and scrape any brown bits left on the bottom, stir and let the wine cook down for approximately 2-3 minutes.
- Add the meat mixture to the onions and stir to combine.
- Add all four cans of tomatoes and stir thoroughly. Stir in the parsley, basil, sugar, salt and pepper. Turn the heat down to low and simmer for approximately 2-3 hours stirring occasionally. Before serving, taste the sauce for seasoning. since this is a large recipe you may need to adjust the sugar, salt and pepper to suit your tastes.

Nutrition Facts



Properties

Glycemic Index:33.74, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:28.840434782609%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 559.69kcal (27.98%), Fat: 35.29g (54.3%), Saturated Fat: 12.64g (78.97%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 15.66g (5.7%), Sugar: 11.02g (12.25%), Cholesterol: 144.77mg (48.26%), Sodium: 802.8mg (34.9%), Alcohol: 2.12g (11.78%), Protein: 35.91g (71.83%), Vitamin A: 3582.26IU (71.65%), Vitamin B3: 11.25mg (56.26%), Vitamin B6: 0.93mg (46.46%), Selenium: 31.06µg (44.37%), Vitamin B1: 0.65mg (43.63%), Vitamin K: 45.12µg (42.97%), Vitamin B12: 2.43µg (40.51%), Phosphorus: 393.51mg (39.35%), Zinc: 5.83mg (38.87%), Vitamin C: 26.74mg (32.42%), Potassium: 1017.62mg (29.07%), Vitamin B2: 0.47mg (27.83%), Iron: 4.22mg (23.46%), Manganese: 0.4mg (20.14%), Vitamin B5: 1.86mg (18.61%), Fiber: 4.18g (16.74%), Magnesium: 66.2mg (16.55%),

Folate: 58.33 μ g (14.58%), Copper: 0.29mg (14.43%), Calcium: 131.49mg (13.15%), Vitamin E: 1.8mg (12.03%)