



Pasta and Easy Italian Meat Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



886 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 tablespoons butter
- 1 tablespoon olive oil
- 0.5 cup carrots grated
- 1 onion chopped
- 2 garlic clove chopped
- 0.8 pound ground beef
- 28 ounces canned tomatoes whole canned
- 0.5 cup milk
- 1 bay leaves dried

- 0.5 teaspoon thyme dried
- 0.3 teaspoon nutmeg
- 1 serving coarse mustard
- 1 pound fettuccine barilla
- 1 serving parmesan grated for serving

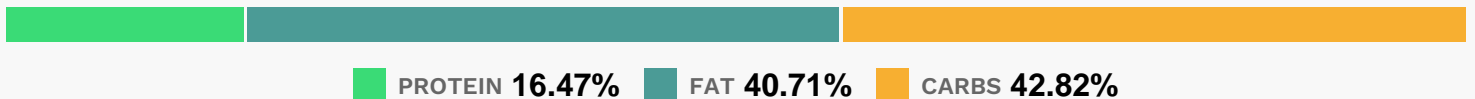
Equipment

- sauce pan
- pot

Directions

- Heat butter and oil in a large saucepan over medium. Stir in carrot, onion, and garlic.
- Add ground beef, and cook until it turns from pink to brown, about 5 minutes.
- Add tomatoes and their liquid, crushing them with the back of a large spoon. Stir in milk, bay leaf, thyme, nutmeg, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Simmer 20 minutes.
- Meanwhile, in a large pot of boiling salted water, cook fettuccine until al dente according to package instructions, about 12 minutes. Reserve about 1/2 cup of the cooking water; drain fettuccine, and return to the warm pot.
- Add meat sauce, and toss.
- Add pasta water as needed if the sauce seems dry. To serve, sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:91.21, Glycemic Load:35.77, Inflammation Score:-10, Nutrition Score:33.76173917107%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.63mg, Quercetin: 6.63mg,

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Nutrients (% of daily need)

Calories: 885.86kcal (44.29%), Fat: 40.24g (61.91%), Saturated Fat: 17.43g (108.96%), Carbohydrates: 95.26g (31.75%), Net Carbohydrates: 88.45g (32.16%), Sugar: 10.39g (11.54%), Cholesterol: 194.5mg (64.83%), Sodium: 612.64mg (26.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Selenium: 105.52µg (150.74%), Vitamin A: 3441.29IU (68.83%), Manganese: 1.24mg (61.89%), Phosphorus: 549.35mg (54.94%), Zinc: 6.48mg (43.17%), Vitamin B6: 0.84mg (42.08%), Vitamin B12: 2.43µg (40.46%), Vitamin B3: 7.66mg (38.31%), Iron: 6.13mg (34.08%), Potassium: 1036.27mg (29.61%), Magnesium: 115.48mg (28.87%), Copper: 0.55mg (27.71%), Fiber: 6.81g (27.22%), Vitamin C: 21.99mg (26.65%), Calcium: 264.14mg (26.41%), Vitamin B2: 0.43mg (25.22%), Vitamin B1: 0.37mg (24.6%), Vitamin E: 3.1mg (20.7%), Vitamin B5: 1.95mg (19.49%), Folate: 64.54µg (16.13%), Vitamin K: 15.57µg (14.83%), Vitamin D: 0.8µg (5.32%)