



Pasta Bolognese

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce button mushrooms chopped
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 8 ounce turkey sausage italian hot
- ☐ 1 pound ground beef 93% lean
- ☐ 1 cup onion chopped

- ☐ 0.1 teaspoon salt
- ☐ 13.3 ounce whole-grain linguine (such as Ronzoni Healthy Harvest)

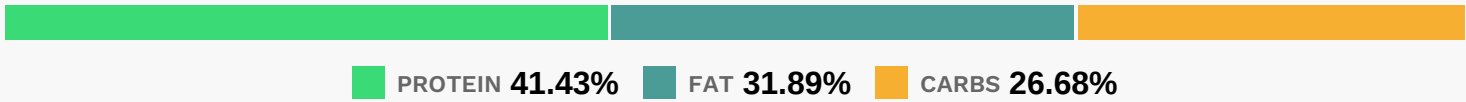
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta in a large Dutch oven according to package directions, omitting salt and fat; drain, return to pan, and keep warm.
- ☐ While pasta cooks, remove casings from sausage.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage, beef, and onion; cook 2 minutes, stirring to crumble; drain, if necessary.
- ☐ Add mushrooms and rosemary. Cook 5 minutes or until browned.
- ☐ Stir in tomatoes; reduce heat, and simmer, uncovered, 3 minutes. Stir in milk, pepper, and salt; cook 2 minutes.
- ☐ Add sauce to pasta, tossing well.
- ☐ Sprinkle with cheese, if desired.
- ☐ Serve with: Shaved Fennel Salad

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:16.456086982851%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 190.21kcal (9.51%), Fat: 6.92g (10.64%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 10.2g (3.71%), Sugar: 8.26g (9.18%), Cholesterol: 54.75mg (18.25%), Sodium: 486.81mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.43%), Vitamin B3: 6.45mg (32.25%), Iron: 5.6mg (31.1%), Selenium: 19.86µg (28.37%), Zinc: 4.06mg (27.09%), Vitamin B6: 0.54mg (27.07%), Phosphorus: 258.88mg (25.89%), Vitamin C: 20.18mg (24.46%), Vitamin B12: 1.43µg (23.81%), Vitamin B2: 0.36mg (21.27%), Potassium: 712.33mg (20.35%), Copper: 0.36mg (17.94%), Vitamin B5: 1.42mg (14.18%), Manganese: 0.26mg (12.82%), Magnesium: 48.07mg (12.02%), Fiber: 2.81g (11.26%), Vitamin B1: 0.16mg (10.5%), Vitamin E: 1.43mg (9.54%), Calcium: 92.44mg (9.24%), Folate: 28.16µg (7.04%), Vitamin A: 299.85IU (6%), Vitamin K: 5.71µg (5.43%)