



Pasta Bolognese

READY IN



20 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.3 oz pasta
- 8 oz turkey sausage italian
- 1 lb ground beef 90% (at least)
- 1 cup onion chopped
- 8 oz mushrooms fresh whole chopped
- 1 tablespoon rosemary dried fresh finely chopped
- 28 oz canned tomatoes diced undrained canned
- 0.5 cup evaporated milk fat-free
- 0.3 teaspoon pepper freshly ground

- 0.1 teaspoon salt
- 1 serving parmesan shaved

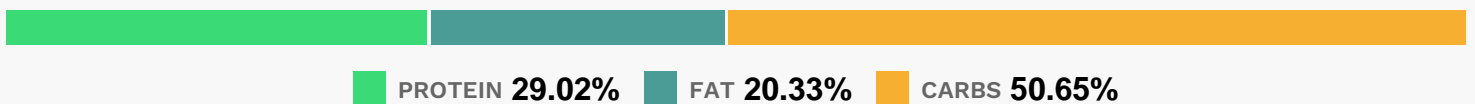
Equipment

- frying pan
- dutch oven

Directions

- Cook linguine in 5-quart Dutch oven as directed on package, omitting salt and oil; drain. Return to pan; cover to keep warm.
- Meanwhile, spray 12-inch skillet with olive oil cooking spray; heat over medium-high heat.
- Add sausage, beef and onion; cook 2 minutes, stirring to crumble sausage; drain, if necessary.
- Add mushrooms and rosemary. Cook 5 minutes, stirring occasionally, until sausage and beef are thoroughly cooked.
- Stir in tomatoes. Reduce heat; simmer uncovered 3 minutes. Stir in milk, pepper and salt; cook 2 minutes longer.
- Add meat sauce to linguine in Dutch oven; toss to coat.
- Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:16.82, Inflammation Score:-6, Nutrition Score:22.289565304051%

Flavonoids

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: 379.6kcal (18.98%), Fat: 8.62g (13.26%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 43.92g (15.97%), Sugar: 9.55g (10.61%), Cholesterol: 57.3mg (19.1%), Sodium: 549.76mg (23.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.37%), Selenium: 50.39µg (71.98%), Phosphorus: 373.66mg (37.37%), Vitamin B3: 7.26mg (36.29%), Iron: 6.3mg (34.97%), Manganese: 0.69mg (34.5%), Zinc: 4.83mg (32.23%), Vitamin B6: 0.62mg (30.75%), Copper: 0.5mg (24.82%), Vitamin C: 20.27mg (24.58%), Vitamin B12: 1.47µg (24.56%), Vitamin B2: 0.4mg (23.7%), Potassium: 821.21mg (23.46%), Magnesium: 74.93mg (18.73%), Fiber: 4.39g (17.55%), Vitamin B5: 1.64mg (16.36%), Calcium: 149.11mg (14.91%), Vitamin B1: 0.2mg (13.5%), Vitamin E: 1.49mg (9.94%), Folate: 37.37µg (9.34%), Vitamin A: 329.65IU (6.59%), Vitamin K: 5.82µg (5.54%)