



Pasta Bolognese

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes diced undrained canned
- 0.5 cup evaporated milk fat-free
- 1 lb ground beef 90% (at least)
- 8 oz mushrooms fresh whole chopped
- 1 cup onion chopped
- 8 servings parmesan shaved
- 0.3 teaspoon pepper freshly ground
- 0.1 teaspoon salt

8 oz turkey sausage italian

13.3 oz frangelico

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.

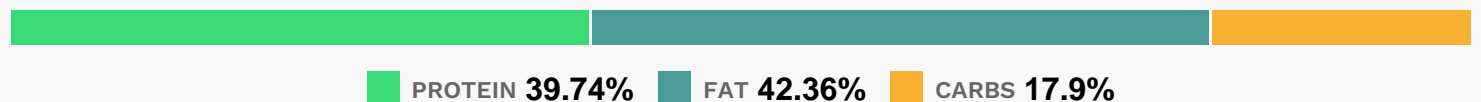
Add mushrooms and rosemary. Cook 5 minutes, stirring occasionally, until sausage and beef are thoroughly cooked.

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:19.5, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:20.787825890209%

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: 307.48kcal (15.37%), Fat: 14.65g (22.54%), Saturated Fat: 7.95g (49.68%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 11.15g (4.06%), Sugar: 8.5g (9.45%), Cholesterol: 75.15mg (25.05%), Sodium: 967.34mg

(42.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.87%), Phosphorus: 466.91mg (46.69%), Calcium: 446.85mg (44.68%), Selenium: 26.61µg (38.01%), Vitamin B3: 6.53mg (32.64%), Zinc: 4.89mg (32.58%), Iron: 5.83mg (32.37%), Vitamin B12: 1.79µg (29.81%), Vitamin B6: 0.57mg (28.4%), Vitamin B2: 0.46mg (27.1%), Vitamin C: 20.12mg (24.39%), Potassium: 738.26mg (21.09%), Copper: 0.37mg (18.38%), Vitamin B5: 1.55mg (15.52%), Magnesium: 61.05mg (15.26%), Manganese: 0.26mg (13%), Vitamin B1: 0.17mg (11.28%), Fiber: 2.78g (11.12%), Vitamin A: 526.84IU (10.54%), Vitamin E: 1.5mg (9.98%), Folate: 29.99µg (7.5%), Vitamin K: 6.22µg (5.92%), Vitamin D: 0.28µg (1.86%)