



Pasta Bolognese

READY IN



45 min.

SERVINGS



6

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 56 ounce canned tomatoes whole with juice or crushed tomatoes canned
- ☐ 1 cup carrots finely chopped
- ☐ 1 cup wine dry red
- ☐ 0.3 pound ground beef lean (not)
- ☐ 0.3 pound ground pork lean (not)
- ☐ 0.3 pound ground veal
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 teaspoon kosher salt

- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 pound orecchiette
- ☐ 6 ounces pancetta finely chopped
- ☐ 6 servings parmesan freshly grated

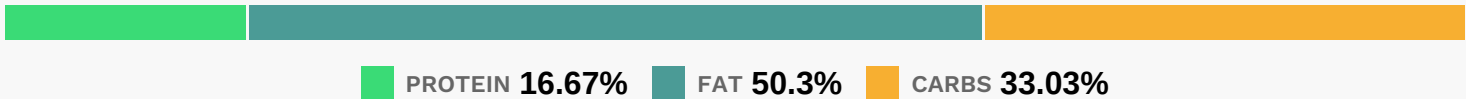
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ If using whole tomatoes, in blender or food processor, purée tomatoes with juice. Set aside.
- ☐ In large, heavy pot over moderate heat, heat oil until hot but not smoking.
- ☐ Add pancetta and sauté until golden brown, 5 to 6 minutes.
- ☐ Add beef, pork, and veal and sauté, breaking up meat with back of spoon, until browned, 7 to 8 minutes.
- ☐ Add onion and carrot and sauté until vegetables are tender, 5 to 6 minutes.
- ☐ Stir in red wine and simmer, scraping up browned bits stuck to bottom of pan, until liquid is reduced by half, about 5 minutes. Stir in tomatoes, cream, salt, and pepper. Reduce heat to moderately low and simmer, uncovered, stirring occasionally, until sauce is thickened and brick-red in color, approximately 30 minutes.
- ☐ In large pot of boiling salted water, cook pasta until almost tender.
- ☐ Drain well and toss with sauce.
- ☐ Serve with grated cheese.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:24.22, Inflammation Score:-10, Nutrition Score:34.4299999911267%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 936.39kcal (46.82%), Fat: 50.96g (78.4%), Saturated Fat: 22.53g (140.79%), Carbohydrates: 75.28g (25.09%), Net Carbohydrates: 69.08g (25.12%), Sugar: 11.86g (13.18%), Cholesterol: 126.46mg (42.15%), Sodium: 1504.21mg (65.4%), Alcohol: 4.2g (100%), Alcohol %: 0.9% (100%), Protein: 38g (76%), Selenium: 70.87µg (101.24%), Vitamin A: 4705.09IU (94.1%), Phosphorus: 582.21mg (58.22%), Manganese: 1.02mg (51.2%), Calcium: 504.54mg (50.45%), Vitamin B6: 0.79mg (39.55%), Vitamin B3: 7.7mg (38.48%), Vitamin C: 28.21mg (34.19%), Vitamin B1: 0.47mg (31.55%), Vitamin B2: 0.53mg (31.27%), Zinc: 4.58mg (30.51%), Potassium: 1064.03mg (30.4%), Iron: 4.84mg (26.87%), Magnesium: 105.7mg (26.42%), Vitamin E: 3.72mg (24.8%), Fiber: 6.2g (24.8%), Copper: 0.49mg (24.61%), Vitamin B12: 1.36µg (22.59%), Vitamin K: 17.55µg (16.71%), Vitamin B5: 1.6mg (15.97%), Folate: 52.36µg (13.09%), Vitamin D: 0.92µg (6.11%)