



WHATSheATE



Pasta Pork Bolognese



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



559 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots grated
- ☐ 9 ounces fettuccine barilla refrigerated
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 3 garlic cloves minced
- ☐ 12 ounces ground pork lean
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.7 cups lower-sodium marinara sauce

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup red wine
- ☐ 4 servings sugar snap peas steamed

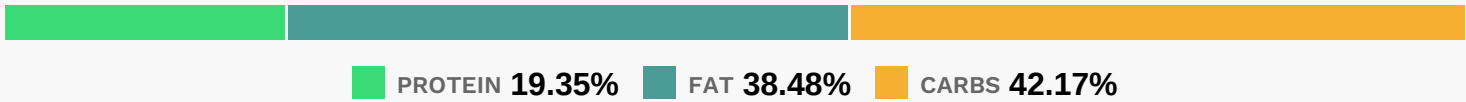
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta per directions.
- ☐ Drain.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add pork, carrot, and garlic; saut 4 minutes or until pork is done.
- ☐ Add wine; cook 1 minute.
- ☐ Add marinara, 1/4 cup basil, salt, and pepper; bring to a simmer.
- ☐ Pour sauce over pasta.
- ☐ Sprinkle with remaining 1/4 cup basil.

Nutrition Facts



Properties

Glycemic Index:70.71, Glycemic Load:21.66, Inflammation Score:-10, Nutrition Score:30.2017390728%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin:

0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 559.29kcal (27.96%), Fat: 23.33g (35.89%), Saturated Fat: 7.79g (48.71%), Carbohydrates: 57.54g (19.18%), Net Carbohydrates: 52.05g (18.93%), Sugar: 7.71g (8.56%), Cholesterol: 114.82mg (38.27%), Sodium: 849.95mg (36.95%), Alcohol: 2.12g (100%), Alcohol %: 0.78% (100%), Protein: 26.4g (52.8%), Selenium: 72.53µg (103.62%), Vitamin A: 3852.65IU (77.05%), Vitamin B1: 0.85mg (56.41%), Vitamin C: 39.33mg (47.67%), Manganese: 0.92mg (46.03%), Phosphorus: 371.61mg (37.16%), Vitamin B6: 0.71mg (35.42%), Vitamin B3: 6.58mg (32.9%), Vitamin K: 31.52µg (30.02%), Potassium: 897.13mg (25.63%), Zinc: 3.57mg (23.81%), Iron: 4.26mg (23.66%), Vitamin B2: 0.38mg (22.55%), Fiber: 5.49g (21.94%), Magnesium: 87.25mg (21.81%), Copper: 0.41mg (20.67%), Vitamin B5: 1.9mg (19.04%), Vitamin E: 2.32mg (15.45%), Folate: 57.89µg (14.47%), Vitamin B12: 0.78µg (13.01%), Calcium: 86.61mg (8.66%), Vitamin D: 0.19µg (1.28%)