



Porcini Meat Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

SAUCE

Ingredients

- 0.3 cup porcini mushrooms dried
- 1 tablespoon garlic minced
- 1 pound ground beef (sirloin)
- 1 pound ground pork
- 2 tablespoons olive oil
- 0.3 teaspoon oregano dried
- 2 tablespoons parsley chopped
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 84 oz ground tomatoes crushed canned

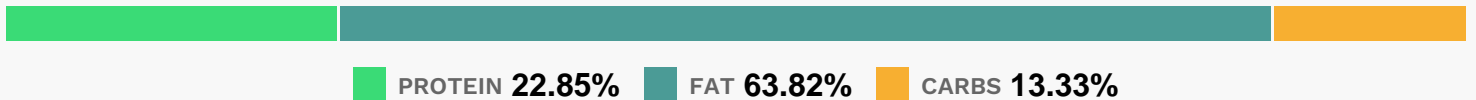
Equipment

- bowl
- frying pan

Directions

- In a small bowl, soak mushrooms in 1 cup hot water until soft, about 15 minutes. Gently rub under water to release grit, then lift out (reserve liquid); finely chop mushrooms.
- Meanwhile, pour oil into a 6- to 8-quart pan over medium-high heat. When hot, add veal, pork, parsley, and garlic. Stir constantly, breaking meat into small pieces, until browned, 5 to 8 minutes.
- Stir in tomatoes, oregano, 1/4 teaspoon salt, 1/8 teaspoon pepper, and mushrooms; carefully pour in reserved soaking liquid, leaving grit behind. Bring to a boil, then lower heat, cover, and simmer, stirring occasionally, until tomatoes are broken down and sauce is thick, about 1 1/2 hours.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:15.540434720724%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 255.47kcal (12.77%), Fat: 18.32g (28.18%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.08g (2.21%), Sugar: 5.25g (5.83%), Cholesterol: 54.05mg (18.02%), Sodium: 105.51mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin C: 28.57mg (34.64%), Vitamin A: 1712.75IU (34.25%), Vitamin K: 29µg (27.62%), Vitamin B1: 0.37mg (24.71%), Vitamin B3: 4.54mg (22.71%), Vitamin B6: 0.44mg (22.12%), Selenium: 15.43µg (22.04%), Potassium: 699.99mg (20%), Zinc: 2.82mg (18.83%), Vitamin B12: 1.07µg (17.89%), Phosphorus: 177.29mg (17.73%), Manganese: 0.26mg (13%), Vitamin B2: 0.19mg (11.41%), Vitamin E: 1.58mg (10.51%), Fiber: 2.53g (10.12%), Copper: 0.2mg (10.04%), Iron: 1.7mg (9.44%), Magnesium: 37.11mg (9.28%), Folate: 36.71µg (9.18%), Vitamin B5: 0.8mg (7.96%), Calcium: 34.96mg (3.5%)