



Quick and Easy Bolognese Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



610 kcal

SAUCE

Ingredients

- ☐ 0.5 large onion yellow cut into 2-inch chunks
- ☐ 1 large carrots peeled sliced
- ☐ 1 large stalk celery sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup milk whole
- ☐ 1 pinch nutmeg

- ☐ 0.8 cup cooking wine dry white
- ☐ 28 ounce canned tomatoes whole with thick juice canned
- ☐ 12 ounces soup noodles cooked (for serving)

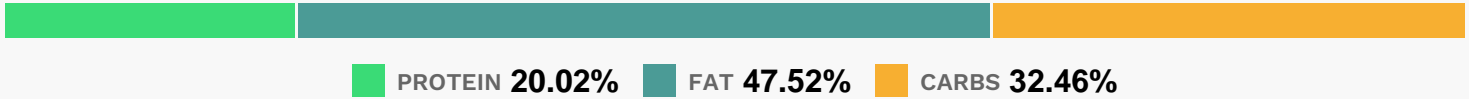
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Chop the vegetables: In a food processor, combine the onion, carrot, and celery. Pulse until finely chopped.
- ☐ Cook the vegetables: In a deep, wide skillet over medium heat, melt the butter.
- ☐ Add the onions, carrots, and celery. Cook, stirring often, for 5 minutes, or until soft and translucent but not browned.
- ☐ Add the ground beef to the skillet with the sautéed vegetables.
- ☐ Add the salt and pepper. Break the meat up with a fork or a potato masher and cook over medium heat for 3 to 4 minutes, mashing it until it is crumbly and no longer pink. You are not actually browning the meat, just cooking it until it no longer looks raw.
- ☐ Add the milk to the skillet and simmer, stirring often, for about 4 minutes, or until the milk has almost completely evaporated. Stir in the nutmeg.
- ☐ Add the wine to the skillet and continue to simmer for about 5 minutes, or until it has almost evaporated.
- ☐ Pour the tomatoes into a bowl and squish them with your hands to break them up so there are no large pieces.
- ☐ Add them to the skillet and bring the sauce to a simmer. Turn the heat to low and simmer the sauce for 15 to 20 minutes, stirring occasionally, until the sauce is thick. If the sauce begins to look dry, stir in 1 to 2 tablespoons hot water. Taste and add more salt and pepper if you feel it's needed.
- ☐ Serve the sauce over a bed of cooked pasta.

Nutrition Facts



Properties

Glycemic Index:86.83, Glycemic Load:17.85, Inflammation Score:-10, Nutrition Score:28.973913420802%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 609.89kcal (30.49%), Fat: 30.86g (47.48%), Saturated Fat: 13.18g (82.37%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 40.98g (14.9%), Sugar: 13.05g (14.49%), Cholesterol: 99.22mg (33.07%), Sodium: 670.09mg (29.13%), Alcohol: 4.64g (100%), Alcohol %: 1.1% (100%), Protein: 29.25g (58.51%), Vitamin A: 3730.89IU (74.62%), Selenium: 41.53µg (59.33%), Vitamin B12: 2.6µg (43.39%), Vitamin B6: 0.81mg (40.33%), Zinc: 6mg (39.98%), Vitamin B3: 7.9mg (39.48%), Manganese: 0.78mg (39.24%), Phosphorus: 348.79mg (34.88%), Iron: 6.13mg (34.07%), Potassium: 1132.77mg (32.36%), Copper: 0.55mg (27.26%), Fiber: 6.45g (25.79%), Vitamin C: 21.21mg (25.71%), Vitamin E: 3.34mg (22.27%), Magnesium: 88.94mg (22.24%), Vitamin B2: 0.36mg (21.42%), Vitamin K: 20.56µg (19.58%), Vitamin B1: 0.26mg (17.27%), Calcium: 154.65mg (15.47%), Vitamin B5: 1.47mg (14.7%), Folate: 53.29µg (13.32%), Vitamin D: 0.55µg (3.69%)