



Ragù Alla Bolognese with Fettuccine

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup carrots finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 1 cup cooking wine dry white
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 18 ounce fettuccine barilla fresh cooked drained
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 5 ounces ground pork
- ☐ 5 ounces ground round
- ☐ 5 ounces ground veal
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 10.8 ounce tomato purée canned
- ☐ 1 cup milk whole

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion, celery, and carrot; cover and cook 8 minutes, stirring occasionally.
- ☐ Remove onion mixture from pan.
- ☐ Add veal, pork, and beef to pan; cook over medium heat until browned, stirring to crumble.
- ☐ Add wine, salt, pepper, nutmeg, and bay leaf; bring to a boil. Cook 5 minutes.
- ☐ Add the onion mixture, broth, and tomato puree; bring to a simmer. Cook 1 hour, stirring occasionally.
- ☐ Stir in milk and minced parsley; bring to a boil. Reduce heat, and simmer 40 minutes. Discard bay leaf.
- ☐ Add pasta, and toss to coat.
- ☐ Sprinkle evenly with cheese.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



 **PROTEIN 23.87%**  **FAT 39.04%**  **CARBS 37.09%**

Properties

Glycemic Index:50.98, Glycemic Load:9.85, Inflammation Score:-8, Nutrition Score:14.852608691091%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 282.93kcal (14.15%), Fat: 11.39g (17.52%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 22g (8%), Sugar: 5.2g (5.77%), Cholesterol: 61.81mg (20.6%), Sodium: 495.29mg (21.53%), Alcohol: 3.09g (100%), Alcohol %: 1.25% (100%), Protein: 15.66g (31.32%), Selenium: 26.4µg (37.71%), Vitamin A: 1635.04IU (32.7%), Vitamin K: 24.89µg (23.7%), Phosphorus: 223.33mg (22.33%), Vitamin B3: 4.23mg (21.15%), Manganese: 0.39mg (19.62%), Vitamin B6: 0.38mg (19.01%), Vitamin B12: 1.09µg (18.22%), Zinc: 2.59mg (17.25%), Vitamin B1: 0.24mg (16%), Potassium: 478.17mg (13.66%), Vitamin B2: 0.23mg (13.51%), Magnesium: 45.1mg (11.27%), Iron: 1.92mg (10.69%), Copper: 0.2mg (10.19%), Vitamin B5: 1.01mg (10.07%), Calcium: 99.49mg (9.95%), Fiber: 2.34g (9.34%), Vitamin C: 7.31mg (8.86%), Vitamin E: 1.06mg (7.05%), Folate: 26.05µg (6.51%), Vitamin D: 0.42µg (2.82%)