



food
network

Ragu Bolognese

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



1033 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 carrots diced finely
- ☐ 1 rib celery diced finely
- ☐ 1 cup cooking wine dry white
- ☐ 1 clove garlic sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup milk
- ☐ 5 tablespoons olive oil extra-virgin

- ☐ 1 medium onion diced
- ☐ 4 servings parmigiano-reggiano for grating
- ☐ 1 pound fatty pork
- ☐ 0.3 pound slab bacon
- ☐ 0.5 tube tomato paste
- ☐ 1 pound veal

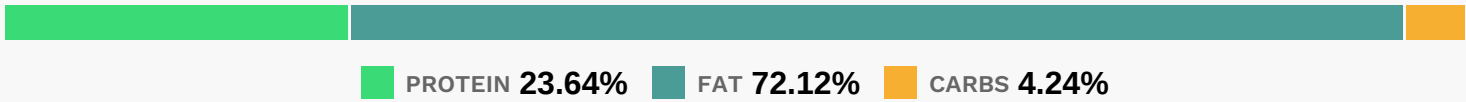
Equipment

- ☐ sauce pan

Directions

- ☐ In a 6 to 8-quart, heavy-bottomed saucepan, heat the olive oil and butter over medium heat.
- ☐ Add the onions, celery, and garlic and sweat over medium heat until the vegetables are translucent and soft but not browned, about 10 to 15 minutes.
- ☐ Add the veal, pork, and pancetta and stir into the vegetables.
- ☐ Add the meat over high heat, stirring to keep the meat from sticking together until browned.
- ☐ Add the tomato paste, milk, and wine and simmer over medium-low heat for 1 to 1 1/2 hours. Season with salt and pepper, to taste, and remove from the heat.
- ☐ When ready to use, the cooked pasta should be added to a saucepan with the appropriate amount of hot ragu Bolognese, and tosses so that the pasta is evenly coated by the ragu.

Nutrition Facts



Properties

Glycemic Index:85.71, Glycemic Load:2.77, Inflammation Score:-9, Nutrition Score:34.731739375902%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.3mg, Apigenin:

0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg,
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:
0.03mg, Myricetin: 0.03mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 1033.26kcal (51.66%), Fat: 78.76g (121.17%), Saturated Fat: 29.75g (185.94%), Carbohydrates: 10.41g
(3.47%), Net Carbohydrates: 9.31g (3.38%), Sugar: 5.8g (6.45%), Cholesterol: 243.64mg (81.21%), Sodium:
939.57mg (40.85%), Alcohol: 6.18g (100%), Alcohol %: 1.61% (100%), Protein: 58.1g (116.19%), Phosphorus: 769.72mg
(76.97%), Vitamin B3: 15mg (75.01%), Selenium: 51.16µg (73.09%), Vitamin B1: 1.07mg (71.66%), Vitamin A: 3209.58IU
(64.19%), Vitamin B6: 1.14mg (57.04%), Vitamin B12: 3.16µg (52.71%), Zinc: 7.56mg (50.42%), Calcium: 489.83mg
(48.98%), Vitamin B2: 0.82mg (47.95%), Potassium: 1023.74mg (29.25%), Vitamin B5: 2.91mg (29.08%), Vitamin E:
3.42mg (22.78%), Magnesium: 84.98mg (21.25%), Vitamin K: 17.45µg (16.62%), Iron: 2.71mg (15.07%), Copper:
0.22mg (11.21%), Manganese: 0.22mg (10.91%), Folate: 35.2µg (8.8%), Vitamin D: 0.93µg (6.23%), Vitamin C: 4.3mg
(5.21%), Fiber: 1.1g (4.4%)