



Sicilian Ragu

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce baby peas canned
- 1 bay leaf
- 29 ounce tomatoes diced canned
- 2 carrots diced
- 4 cloves garlic minced
- 1 pound ground pork
- 1 pound ground beef lean
- 1 tablespoon olive oil

- 1 onion chopped
- 8 servings salt to taste
- 1 cup water

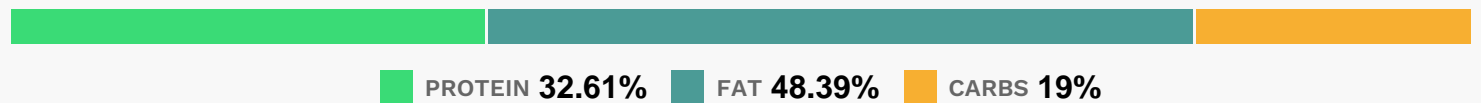
Equipment

- frying pan
- sauce pan

Directions

- In a large skillet cook ground beef, ground pork, and onion until brown.
- In a large saucepan mix together the tomatoes, garlic, carrots, peas, water, bay leaves, olive oil, and salt.
- Add meat mixture. Bring to a boil. Cover partially, and reduce to a simmer. Cook for one hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:18.52, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:23.121739278669%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 316.82kcal (15.84%), Fat: 17g (26.16%), Saturated Fat: 6.05g (37.8%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 10.26g (3.73%), Sugar: 6.78g (7.53%), Cholesterol: 75.98mg (25.33%), Sodium: 425.42mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Vitamin A: 3079.69IU (61.59%), Vitamin B1: 0.65mg (43.02%), Vitamin C: 33.61mg (40.74%), Vitamin B3: 7.59mg (37.97%), Selenium: 25.17µg (35.96%), Vitamin B6: 0.7mg (34.98%), Zinc: 5.02mg (33.45%), Phosphorus: 300.06mg (30.01%), Vitamin B12: 1.67µg (27.78%),

Potassium: 756.82mg (21.62%), Vitamin B2: 0.37mg (21.5%), Iron: 3.74mg (20.8%), Fiber: 4.75g (19.01%), Manganese: 0.37mg (18.73%), Vitamin K: 19.48µg (18.55%), Magnesium: 55.99mg (14%), Folate: 54.02µg (13.5%), Copper: 0.26mg (12.76%), Vitamin B5: 0.99mg (9.87%), Vitamin E: 1.28mg (8.56%), Calcium: 70.23mg (7.02%)