



## Simple Bolognese

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



344 kcal

SAUCE

### Ingredients

- 28 ounce canned tomatoes crushed canned
- 1 carrots coarsely chopped
- 1 celery stalk coarsely chopped
- 0.3 cup flat-leaf parsley italian
- 8 basil leaves fresh
- 2 garlic cloves peeled coarsely chopped
- 1 pound ground chuck beef
- 0.3 cup olive oil extra-virgin

- 1 medium onion coarsely chopped
- 0.3 cup pecorino cheese freshly grated
- 6 servings salt and pepper black freshly ground

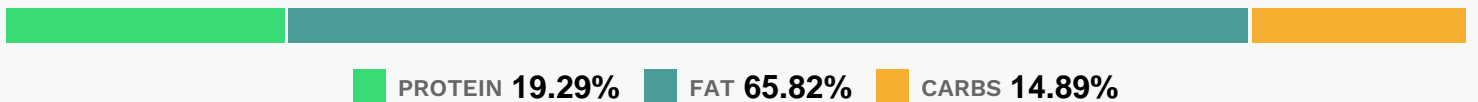
## Equipment

- pot

## Directions

- Watch how to make this recipe.
- In a 6 quart pot, add extra-virgin olive oil. When almost smoking, add the onion and garlic and saute over medium heat until the onions become very soft, about 8 minutes.
- Add the celery and carrot and saute for 5 minutes. Raise heat to high and add the ground beef.
- Saute, stirring frequently and breaking up any large lumps and cook until meat is no longer pink, about 8 minutes.
- Add the tomatoes, parsley and basil and cook over medium low heat until the sauce thickens, about 1/2 hour. Finish bolognese with Pecorino Romano. Check for seasoning.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:55.81, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:18.859130553577%

## Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

## Nutrients (% of daily need)

Calories: 344.4kcal (17.22%), Fat: 25.69g (39.52%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 9.81g (3.57%), Sugar: 7.15g (7.95%), Cholesterol: 58.01mg (19.34%), Sodium: 285.36mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Vitamin K: 58.89µg (56.08%), Vitamin A: 2242.91IU (44.86%), Vitamin B12: 1.66µg (27.74%), Vitamin B3: 4.98mg (24.92%), Vitamin B6: 0.5mg (24.92%), Zinc: 3.72mg (24.83%), Vitamin E: 3.37mg (22.44%), Vitamin C: 17.88mg (21.67%), Phosphorus: 205.92mg (20.59%), Iron: 3.54mg (19.66%), Potassium: 677.22mg (19.35%), Selenium: 12.99µg (18.56%), Manganese: 0.33mg (16.45%), Copper: 0.31mg (15.58%), Fiber: 3.26g (13.03%), Vitamin B2: 0.21mg (12.44%), Calcium: 117.5mg (11.75%), Magnesium: 46.16mg (11.54%), Vitamin B1: 0.15mg (10.2%), Vitamin B5: 0.84mg (8.35%), Folate: 32.65µg (8.16%)