



Slow-Cooked Bolognese Sauce

 Gluten Free

READY IN



540 min.

SERVINGS



8

CALORIES



282 kcal

SAUCE

Ingredients

- ☐ 56 oz tomatoes crushed canned
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 2 pounds ground beef lean
- ☐ 1 pinch nutmeg
- ☐ 1 small onion chopped
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon butter unsalted

- ☐ 1 cup white wine
- ☐ 1 cup milk whole

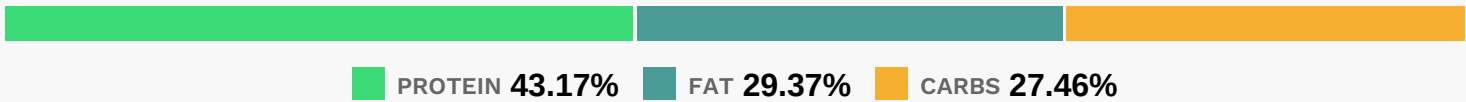
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion, celery and carrot and saut until softened, about 5 minutes. Turn heat to high, add beef and cook, breaking up with a spoon, until no longer pink, about 5 minutes. Season with salt, pepper and nutmeg.
- ☐ Pour in milk and wine and bring to a boil. Lower heat and cook at a lively simmer until most of liquid has evaporated, about 15 minutes.
- ☐ Transfer mixture to slow cooker, stir in tomatoes, cover and cook on low for 8 hours.
- ☐ Remove top, stir and cook until sauce is slightly thickened, about 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:5.17, Inflammation Score:-9, Nutrition Score:23.523478425067%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 281.61kcal (14.08%), Fat: 8.69g (13.37%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 14.12g (5.14%), Sugar: 11.26g (12.51%), Cholesterol: 77.73mg (25.91%), Sodium: 549.6mg (23.9%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 28.74g (57.49%), Vitamin B12: 2.71µg (45.13%), Vitamin B3: 8.81mg (44.04%), Zinc: 6.51mg (43.38%), Vitamin B6: 0.8mg (39.86%), Vitamin A: 1794.5IU (35.89%), Phosphorus: 330.16mg (33.02%), Selenium: 21.6µg (30.86%), Potassium: 1079.25mg (30.84%), Iron: 5.41mg (30.04%), Vitamin C: 19.36mg (23.47%), Copper: 0.46mg (23.03%), Manganese: 0.44mg (21.87%), Vitamin B2: 0.34mg (19.99%), Vitamin E: 2.91mg (19.38%), Magnesium: 73.37mg (18.34%), Fiber: 4.16g (16.64%), Vitamin B1: 0.22mg (14.9%), Vitamin B5: 1.44mg (14.41%), Calcium: 123.24mg (12.32%), Vitamin K: 12.27µg (11.69%), Folate: 35.07µg (8.77%), Vitamin D: 0.48µg (3.17%)