



Slow-Cooker Bolognese

READY IN



505 min.

SERVINGS



10

CALORIES



509 kcal

SAUCE

Ingredients

- 1 lb sausage meat italian
- 1 lb ground beef 80% lean (at least)
- 2 cups onion chopped
- 1 cup carrots finely chopped
- 3 cloves garlic finely chopped
- 29 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 6 oz tomato paste organic canned
- 1 tablespoon balsamic vinegar
- 1 tablespoon brown sugar packed

- 0.8 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 0.3 teaspoon pepper red crushed
- 16 oz pasta like spaghetti uncooked
- 3 oz parmesan shaved
- 0.5 cup basil fresh chopped

Equipment

- frying pan
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In 12-inch skillet, cook sausage, beef, onions, carrots and garlic over medium-high heat 8 to 10 minutes, stirring occasionally, until sausage and beef are thoroughly cooked; drain.
- In slow cooker, stir together meat mixture, tomatoes, tomato paste, vinegar, brown sugar, salt, pepper and pepper flakes.
- Cover; cook on Low heat setting 8 hours.
- About 15 minutes before serving, cook and drain spaghetti as directed on package.
- Serve meat mixture over spaghetti.
- Sprinkle individual servings with cheese and basil.

Nutrition Facts



PROTEIN 20.14% **FAT 43.02%** **CARBS 36.84%**

Properties

Glycemic Index:39.78, Glycemic Load:16.13, Inflammation Score:-9, Nutrition Score:21.23391300699%

Flavonoids

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: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin:

1.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 508.68kcal (25.43%), Fat: 24.26g (37.32%), Saturated Fat: 9.04g (56.53%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 42.78g (15.56%), Sugar: 8.69g (9.66%), Cholesterol: 70.65mg (23.55%), Sodium: 896.05mg (38.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.11%), Selenium: 38.7µg (55.29%), Vitamin A: 2673.79IU (53.48%), Phosphorus: 323.86mg (32.39%), Manganese: 0.64mg (32.22%), Vitamin B3: 6.14mg (30.71%), Vitamin B6: 0.56mg (27.82%), Zinc: 4.09mg (27.24%), Vitamin B12: 1.46µg (24.3%), Potassium: 771.53mg (22.04%), Iron: 3.55mg (19.7%), Vitamin C: 15.31mg (18.56%), Vitamin B1: 0.26mg (17.41%), Calcium: 171.56mg (17.16%), Copper: 0.34mg (16.94%), Magnesium: 64.31mg (16.08%), Fiber: 3.95g (15.82%), Vitamin B2: 0.27mg (15.75%), Vitamin K: 12.54µg (11.94%), Vitamin E: 1.75mg (11.68%), Vitamin B5: 0.97mg (9.73%), Folate: 30.41µg (7.6%), Vitamin D: 0.68µg (4.52%)