



## Slow Cooker Bolognese

 Gluten Free

READY IN



290 min.

SERVINGS



8

CALORIES



183 kcal

SAUCE

### Ingredients

- 1 cup baby carrots finely chopped
- 28 ounce canned tomatoes crushed canned
- 1 teaspoon basil dried
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 pound ground beef lean
- 2 tablespoons olive oil
- 1 onion finely chopped

- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper flakes red crushed
- 0.5 teaspoon salt
- 6 ounce tomato paste canned
- 0.5 cup milk whole

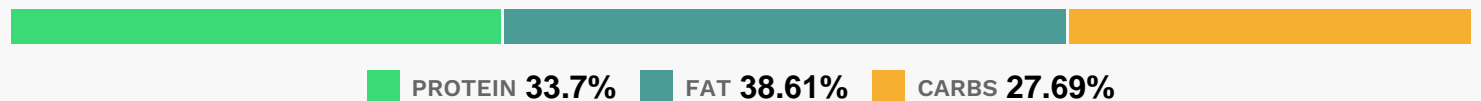
## Equipment

- frying pan
- slow cooker

## Directions

- Heat the olive oil in a large skillet over medium heat, and cook and stir the carrots, onion, and garlic until tender, about 10 minutes.
- Place the ground beef into the skillet and cook and stir, breaking up the meat as it cooks, until browned.
- Drain off excess fat from the skillet, and pour in 1 cup milk. Bring to a simmer, reduce heat to medium-low, and simmer until the milk is absorbed, about 15 minutes.
- Place the beef mixture into a slow cooker, and set the cooker to High. Stir in crushed tomatoes, tomato paste, salt, pepper, basil, oregano, and red pepper flakes, and cook for 2 hours.
- Mix in 1/2 cup milk and Parmesan cheese, stir well, and cook for 2 more hours.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:15.943913029588%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## **Nutrients (% of daily need)**

Calories: 183.14kcal (9.16%), Fat: 8.1g (12.47%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 9.87g (3.59%), Sugar: 7.41g (8.23%), Cholesterol: 39.7mg (13.23%), Sodium: 416.72mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin A: 2541.92IU (50.84%), Vitamin B3: 4.74mg (23.71%), Zinc: 3.49mg (23.26%), Vitamin B12: 1.39µg (23.24%), Vitamin B6: 0.46mg (23.17%), Phosphorus: 196.75mg (19.67%), Iron: 3.36mg (18.68%), Potassium: 648.21mg (18.52%), Selenium: 12.33µg (17.61%), Manganese: 0.33mg (16.3%), Vitamin C: 12.76mg (15.47%), Vitamin E: 2.28mg (15.2%), Copper: 0.3mg (14.79%), Vitamin K: 14.3µg (13.62%), Fiber: 3.21g (12.84%), Vitamin B2: 0.2mg (11.75%), Magnesium: 44.53mg (11.13%), Calcium: 109.77mg (10.98%), Vitamin B1: 0.14mg (9.1%), Vitamin B5: 0.86mg (8.57%), Folate: 26.66µg (6.66%), Vitamin D: 0.24µg (1.6%)