



WHATSheATE



HEALTH SCORE

51%

Spaghetti alla Bolognese

 Popular

READY IN



90 min.

SERVINGS



4

CALORIES



1090 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 carrots cut into small chunks
- ☐ 2 stalks celery cut into small chunks
- ☐ 1 handful parsley chopped
- ☐ 4 cloves garlic
- ☐ 1 pound ground beef
- ☐ 8 ounces mushrooms

- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion cut into small chunks
- ☐ 1 teaspoon oregano
- ☐ 0.3 pound pancetta diced
- ☐ 0.3 cup parmigiano reggiano grated
- ☐ 1 parmigiano reggiano rind
- ☐ 1 cup red wine (or 1 tablespoon balsamic vinegar)
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound pasta like spaghetti
- ☐ 5 ounce tomato paste canned

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Pulse the onion, carrot, celery, garlic and mushrooms in a food processor along with the oil. Cook the ground beef in a large saucepan over medium-high heat until brown all over drain and set aside.
- ☐ Heat the oil in the same pan on medium high heat.
- ☐ Add the pancetta and saute until it starts to get crispy.
- ☐ Add the pulsed vegetables and saute until they begin to caramelize.
- ☐ Add the beef, wine, diced tomatoes, tomato paste, parmigiano reggiano rind, bay leaves, oregano, salt and pepper and bring to a boil. Reduce the heat to medium-low and simmer, covered for 1-3 hours. Cook the spaghetti as directed on the package. Toss the spaghetti and the sauce or serve the sauce on the spaghetti and garnish with parsley and grated parmigiano reggiano.

Nutrition Facts



Properties

Glycemic Index:106.71, Glycemic Load:46.64, Inflammation Score:-10, Nutrition Score:46.750434813292%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 1090.35kcal (54.52%), Fat: 45.35g (69.77%), Saturated Fat: 14.98g (93.64%), Carbohydrates: 122.52g (40.84%), Net Carbohydrates: 111.92g (40.7%), Sugar: 26.96g (29.96%), Cholesterol: 103.64mg (34.55%), Sodium: 934.09mg (40.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.05g (94.11%), Selenium: 103.21µg (147.45%), Vitamin A: 5845.89IU (116.92%), Manganese: 1.77mg (88.74%), Vitamin B3: 13.24mg (66.19%), Phosphorus: 644.56mg (64.46%), Vitamin B6: 1.15mg (57.62%), Copper: 1.08mg (54.06%), Zinc: 8.04mg (53.58%), Potassium: 1772.14mg (50.63%), Vitamin K: 48.43µg (46.12%), Iron: 8.18mg (45.42%), Vitamin B12: 2.67µg (44.49%), Fiber: 10.6g (42.41%), Vitamin B2: 0.67mg (39.62%), Magnesium: 156.45mg (39.11%), Vitamin C: 29.46mg (35.71%), Vitamin E: 5.03mg (33.5%), Vitamin B1: 0.5mg (33.18%), Vitamin B5: 2.94mg (29.37%), Calcium: 260.83mg (26.08%), Folate: 89.95µg (22.49%), Vitamin D: 0.37µg (2.48%)