

food
network



HEALTH SCORE

74%

Spaghetti Bolognese



Very Healthy

READY IN



205 min.

SERVINGS



4

CALORIES



1950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Handful basil leaves fresh
- ☐ 84 ounce tomatoes whole crushed peeled drained canned
- ☐ 4 carrots peeled finely chopped
- ☐ 4 celery stalks finely chopped
- ☐ 2 quarts chicken stock see
- ☐ 2 cups cooking wine dry white such as pinot grigio
- ☐ 8 large garlic cloves minced
- ☐ 2 pounds ground beef

- ☐ 2 pounds ground veal
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 cups milk
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 medium onions finely chopped
- ☐ 1 Handful parmigiano-reggiano freshly grated plus more for serving
- ☐ 4 servings spoonful ricotta cheese
- ☐ 1 pound pasta like spaghetti dried

Equipment

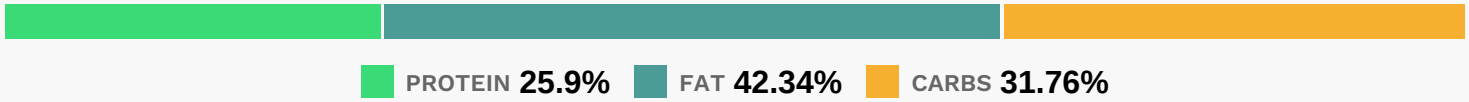
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a large heavy-bottomed pot, heat a 2-count of olive oil over medium heat.
- ☐ Add the onions, celery, carrots, and garlic and cook for about 10 minutes, stirring, until the vegetables are very tender but not browned.
- ☐ Raise the heat a bit. Take the ground veal and beef, break it up into chunks and add it to the pan. Cook, breaking up the clumps with a wooden spoon, until the meat is no longer pink.
- ☐ Add the wine and simmer until the wine has evaporated. Then add the tomatoes and stock and season with salt and pepper. Lower the heat and simmer very slowly for 2 to 2 1/2 hours, stirring now and then, until the sauce is very thick. Now add the milk – the milk will make the meat nice and tender – and simmer again until thickened, another 20 to 30 minutes. Taste again for salt and pepper. Mash the sauce against the side of the pan to really blend it.
- ☐ Transfer half of the sauce to containers and refrigerate for up to a week, or freeze for up to several months.
- ☐ Bring a big pot of lightly salted water to a boil for the spaghetti. When you're ready to serve, drop the spaghetti into the boiling water and cook until tender yet firm ("al dente", as they say in Italian) 7 to 8 minutes.

- ☐
- Drain and put the spaghetti into a big pasta bowl. Return the sauce remaining in the pot to a simmer and stir in the ricotta cheese.
- ☐
- Pour the sauce over the drained spaghetti and give it a good toss.
- ☐
- Garnish with a handful of grated Parmigiano, the basil, and a drizzle of olive oil. Pass more grated cheese at the table.

Nutrition Facts



Properties

Glycemic Index:96.71, Glycemic Load:40.35, Inflammation Score:-10, Nutrition Score:73.157391589621%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

Nutrients (% of daily need)

Calories: 1949.86kcal (97.49%), Fat: 87.22g (134.19%), Saturated Fat: 30.05g (187.79%), Carbohydrates: 147.21g (49.07%), Net Carbohydrates: 134.76g (49%), Sugar: 37.04g (41.15%), Cholesterol: 376.51mg (125.5%), Sodium: 1978.74mg (86.03%), Alcohol: 12.36g (100%), Alcohol %: 0.78% (100%), Protein: 120.08g (240.15%), Vitamin A: 11151.97IU (223.04%), Vitamin B3: 41.22mg (206.11%), Selenium: 138.91µg (198.45%), Vitamin B6: 3.14mg (156.83%), Phosphorus: 1469.94mg (146.99%), Vitamin B12: 8.56µg (142.63%), Zinc: 20.5mg (136.65%), Vitamin B2: 1.99mg (117.32%), Potassium: 3778.09mg (107.95%), Manganese: 2.01mg (100.55%), Iron: 15.37mg (85.37%), Vitamin C: 66.07mg (80.08%), Copper: 1.46mg (72.87%), Magnesium: 279.61mg (69.9%), Vitamin B1: 0.97mg (64.52%), Vitamin B5: 6.1mg (60.95%), Vitamin E: 8.35mg (55.65%), Calcium: 510.01mg (51%), Fiber: 12.45g (49.79%), Vitamin K: 43.48µg (41.41%), Folate: 162.41µg (40.6%), Vitamin D: 1.57µg (10.48%)