



Spaghetti Bolognese

READY IN



40 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained (such as hunt's) canned
- ☐ 0.5 cup carrots finely chopped
- ☐ 8 ounces pasta like spaghetti hot cooked uncooked
- ☐ 0.8 ounce bread french
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 12 ounces ground sirloin
- ☐ 0.3 cup milk 1% low-fat

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 ounce parmigiano-reggiano cheese fresh shaved
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste

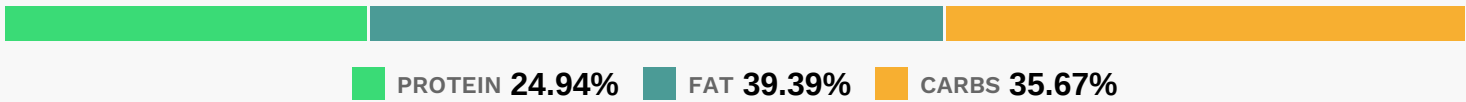
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pulse bread in a food processor until coarse crumbs measure 1/2 cup.
- ☐ Combine crumbs and milk in a bowl.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add onion and carrot; saut 8 minutes.
- ☐ Add garlic and tomato paste; saut for 1 minute, stirring constantly.
- ☐ Add vinegar; cook for 30 seconds.
- ☐ Add oregano, salt, peppers, and beef; cook 7 minutes, stirring to crumble. Stir in breadcrumb mixture and tomatoes; bring to a boil. Reduce heat, and simmer for 6 minutes, stirring occasionally.
- ☐ Serve over spaghetti; top with cheese.

Nutrition Facts



Properties

Glycemic Index:102.96, Glycemic Load:14.13, Inflammation Score:-10, Nutrition Score:22.871304506841%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 405.37kcal (20.27%), Fat: 17.84g (27.44%), Saturated Fat: 6.73g (42.05%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 31.43g (11.43%), Sugar: 8.89g (9.87%), Cholesterol: 63.39mg (21.13%), Sodium: 679.88mg (29.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Vitamin A: 3083.87IU (61.68%), Selenium: 33.25µg (47.5%), Vitamin B12: 2.02µg (33.68%), Zinc: 4.88mg (32.54%), Vitamin B6: 0.62mg (30.81%), Phosphorus: 307.59mg (30.76%), Vitamin B3: 6.12mg (30.62%), Manganese: 0.6mg (30.22%), Iron: 4.83mg (26.82%), Potassium: 790.85mg (22.6%), Fiber: 4.9g (19.61%), Calcium: 194.19mg (19.42%), Copper: 0.37mg (18.28%), Vitamin C: 15.04mg (18.24%), Vitamin B2: 0.3mg (17.39%), Vitamin K: 17.17µg (16.35%), Vitamin E: 2.44mg (16.27%), Magnesium: 64.14mg (16.03%), Vitamin B1: 0.21mg (14.07%), Folate: 43.41µg (10.85%), Vitamin B5: 1.04mg (10.42%), Vitamin D: 0.28µg (1.88%)