



Spaghetti with Bacon and Beef Sauce

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

1048 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces smoky bacon chopped
- ☐ 1 cup beef stock
- ☐ 14 ounce canned tomatoes italian crushed canned
- ☐ 1 fresno chile pepper finely chopped
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons evoo
- ☐ 2 bay leaves fresh
- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 3 cloves garlic chopped

- ☐ 1 pinch ground cloves
- ☐ 1 pound ground sirloin
- ☐ 1 onion finely chopped
- ☐ 4 servings pecorino grated for serving
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 pound pasta like spaghetti
- ☐ 1 tablespoon tomato paste

Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

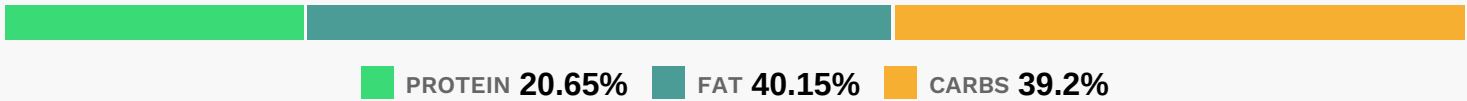
Directions

- ☐ Heat a drizzle of EVOO in a pot over medium-high heat.
- ☐ Add the bacon and cook until browned.
- ☐ Transfer the bacon to a plate and pour the fat from the pot.
- ☐ Add 2 turns of the pan of EVOO. Pat the beef dry, then add it to the pot and cook until browned, crumbling the meat with a wooden spoon.
- ☐ Add the garlic, bay leaves, chile pepper, onions, cloves, a little salt and lots of pepper. Cook, stirring frequently, for 10 minutes.
- ☐ Add the wine and deglaze the pan, scraping up the browned bits from the bottom.
- ☐ Add the beef stock and tomato paste, then stir in the crushed tomatoes and bacon. Simmer until thickened.
- ☐ Bring a large pot of water to a boil for the pasta and season with salt.
- ☐ Add the pasta and cook until al dente. Reserve 1 cup of the cooking liquid, then drain the pasta.
- ☐ Add the cooking liquid and the pasta to the sauce and toss to combine.
- ☐ Serve the pasta topped with cheese and parsley.

☐

Cook's Note: If you are not serving the sauce immediately, cool and store in the refrigerator. Reheat over medium heat.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:37.78, Inflammation Score:-8, Nutrition Score:35.690869735635%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 1047.61kcal (52.38%), Fat: 45.5g (70.01%), Saturated Fat: 16.92g (105.76%), Carbohydrates: 99.99g (33.33%), Net Carbohydrates: 93.6g (34.04%), Sugar: 10.21g (11.35%), Cholesterol: 127.02mg (42.34%), Sodium: 1107.34mg (48.15%), Alcohol: 3.15g (100%), Alcohol %: 0.76% (100%), Protein: 52.66g (105.31%), Selenium: 101.68µg (145.25%), Phosphorus: 747.21mg (74.72%), Manganese: 1.37mg (68.41%), Zinc: 8.29mg (55.27%), Vitamin B3: 10.41mg (52.07%), Vitamin B12: 2.94µg (48.97%), Vitamin B6: 0.96mg (48.19%), Calcium: 414.5mg (41.45%), Vitamin C: 29.26mg (35.47%), Potassium: 1199.03mg (34.26%), Copper: 0.68mg (34.18%), Iron: 6.06mg (33.64%), Magnesium: 128.09mg (32.02%), Vitamin B2: 0.51mg (29.81%), Fiber: 6.39g (25.57%), Vitamin B1: 0.36mg (24.08%), Vitamin E: 3.25mg (21.67%), Vitamin B5: 1.75mg (17.48%), Vitamin K: 18.1µg (17.23%), Folate: 52.25µg (13.06%), Vitamin A: 541.36IU (10.83%), Vitamin D: 0.38µg (2.51%)