



Spaghetti with Bolognese Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



990 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons basil chopped
- 1.5 cups beef stock low-sodium
- 28 canned tomatoes whole italian chopped canned
- 1 medium carrots diced finely
- 1 rib celery diced finely
- 1 cup cooking wine dry white
- 3 tablespoons flat-leaf parsley chopped
- 4 garlic cloves minced
- 1 pound coarsely ground beef chuck

- 1 pound coarsely ground pork
- 0.3 cup heavy cream
- 0.3 teaspoon nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 medium onion diced finely
- 3 ounces pancetta thinly sliced finely chopped
- 6 servings parmesan cheese freshly grated for serving
- 6 servings salt and pepper freshly ground
- 1 pound pasta like spaghetti
- 1 tablespoon tomato paste
- 1 tablespoon butter unsalted

Equipment

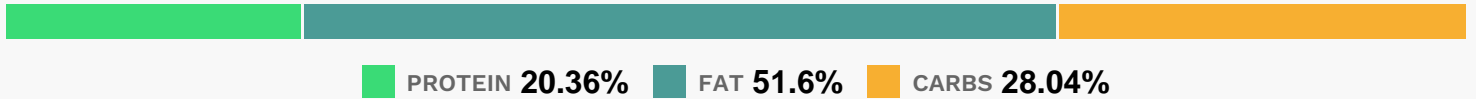
- bowl
- pot
- wooden spoon

Directions

- In a medium enameled cast-iron casserole, melt the butter in the oil.
- Add the garlic, pancetta, carrot, onion and celery and cook over moderately low heat until the onion is golden, about 5 minutes.
- Add the ground beef and pork and cook over moderate heat, breaking up the meat with a wooden spoon, until no pink remains, about 8 minutes. Stir in the mortadella and tomato paste and cook for 2 minutes.
- Add the wine and cook, stirring, until reduced by half, about 3 minutes.
- Add the tomatoes with their juices, the stock, nutmeg and 1 tablespoon each of the parsley and basil and bring to a boil. Season with salt and pepper and simmer over low heat, stirring occasionally, until very thick, about 1 1/2 hours. Keep warm.
- In a large pot of boiling salted water, cook the spaghetti until al dente.
- Drain and return it to the pot.

- Stir the cream and the remaining 2 tablespoons of parsley and 1 tablespoon of basil into the meat sauce. Season the sauce with salt and pepper, then add 2 cups to the spaghetti and toss.
- Transfer the spaghetti to a large bowl, top with the remaining sauce and serve. Pass the Parmesan cheese at the table.
- Make Ahead: The Bolognese sauce can be refrigerated for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:74.64, Glycemic Load:24.05, Inflammation Score:-9, Nutrition Score:32.283043115035%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 989.53kcal (49.48%), Fat: 54.6g (83.99%), Saturated Fat: 22.44g (140.27%), Carbohydrates: 66.77g (22.26%), Net Carbohydrates: 63.41g (23.06%), Sugar: 4.65g (5.16%), Cholesterol: 159.78mg (53.26%), Sodium: 969.44mg (42.15%), Alcohol: 4.12g (100%), Alcohol %: 1.23% (100%), Protein: 48.48g (96.96%), Selenium: 91.99µg (131.41%), Phosphorus: 653.84mg (65.38%), Zinc: 7.63mg (50.84%), Vitamin B1: 0.73mg (48.78%), Vitamin A: 2428.29IU (48.57%), Vitamin B3: 9.52mg (47.6%), Vitamin B12: 2.7µg (45.03%), Manganese: 0.88mg (44.23%), Vitamin B6: 0.81mg (40.46%), Vitamin K: 41.61µg (39.63%), Calcium: 337.08mg (33.71%), Vitamin B2: 0.52mg (30.3%), Potassium: 883.93mg (25.26%), Magnesium: 92.02mg (23.01%), Iron: 3.96mg (21.98%), Copper: 0.39mg (19.62%), Vitamin B5: 1.52mg (15.21%), Fiber: 3.35g (13.41%), Vitamin E: 1.35mg (9.03%), Folate: 35.36µg (8.84%), Vitamin C: 6.97mg (8.45%), Vitamin D: 0.48µg (3.17%)