



Spaghetti with Easy Bolognese Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup beef broth dry red
- 0.3 teaspoon pepper black
- 1 pound bulk sausage italian
- 28 ounce canned tomatoes diced undrained canned
- 1 cup carrots finely chopped
- 0.3 cup celery chopped
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic minced
- 0.5 pound ground beef

- 2 teaspoons penzey's southwest seasoning dried italian
- 1 cup onion chopped
- 0.5 teaspoon salt
- 1 pound pasta like spaghetti dried
- 6 ounce tomato paste canned
- 0.3 cup whipping cream

Equipment

- pot
- stove

Directions

- Cook sausage, ground beef, onion, carrot, celery, and garlic over medium-high heat in a large pot until sausage and beef are browned.
- Drain off fat.
- Stir tomatoes, tomato paste, wine, Italian seasoning, salt, and pepper into meat mixture. Bring to a boil; reduce heat. Cover and simmer 20 minutes, stirring occasionally.
- Remove pot from heat. Stir in whipping cream.
- Cook spaghetti according to package directions in a large pot; drain.
- Serve sauce over hot cooked spaghetti and sprinkle with fresh parsley.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes*. Rinse hands once complete.]

Nutrition Facts



PROTEIN 16.35% **FAT 43.64%** **CARBS 40.01%**

Properties

Glycemic Index:43.85, Glycemic Load:20.69, Inflammation Score:-9, Nutrition Score:24.751304149628%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 574.06kcal (28.7%), Fat: 27.42g (42.18%), Saturated Fat: 10.51g (65.67%), Carbohydrates: 56.56g (18.85%), Net Carbohydrates: 51.31g (18.66%), Sugar: 8.74g (9.71%), Cholesterol: 71.62mg (23.87%), Sodium: 759.42mg (33.02%), Alcohol: 1.58g (100%), Alcohol %: 0.61% (100%), Protein: 23.1g (46.23%), Selenium: 55.47µg (79.24%), Vitamin A: 3153.85IU (63.08%), Manganese: 0.89mg (44.46%), Vitamin B1: 0.5mg (33.51%), Vitamin B6: 0.6mg (29.98%), Phosphorus: 291.46mg (29.15%), Vitamin K: 30.25µg (28.81%), Vitamin B3: 5.72mg (28.62%), Copper: 0.47mg (23.72%), Potassium: 816.58mg (23.33%), Zinc: 3.46mg (23.09%), Iron: 3.91mg (21.71%), Fiber: 5.25g (21.01%), Vitamin C: 16.63mg (20.15%), Vitamin B12: 1.13µg (18.91%), Magnesium: 74.14mg (18.54%), Vitamin B2: 0.27mg (15.9%), Vitamin E: 1.97mg (13.16%), Vitamin B5: 1.13mg (11.27%), Folate: 43.8µg (10.95%), Calcium: 97.1mg (9.71%)