



Spaghetti with Pork Bolognese

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots finely chopped (1 medium)
- ☐ 0.5 cup celery finely chopped (1 stalk)
- ☐ 1 stick cinnamon (3-inch)
- ☐ 16 ounces pasta like spaghetti hot cooked uncooked
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1.5 teaspoons garlic chopped

- ☐ 0.8 pound ground pork
- ☐ 1 pound ground pork tenderloin
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 cup milk 1% low-fat
- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 cups onion finely chopped
- ☐ 2 ounces pancetta diced finely
- ☐ 2 ounce parmigiano-reggiano rind
- ☐ 2 ounces parmigiano-reggiano fresh grated
- ☐ 0.5 pound plum tomatoes chopped
- ☐ 0.3 cup tomato paste
- ☐ 1.5 cups vegetable broth organic (such as Swanson)

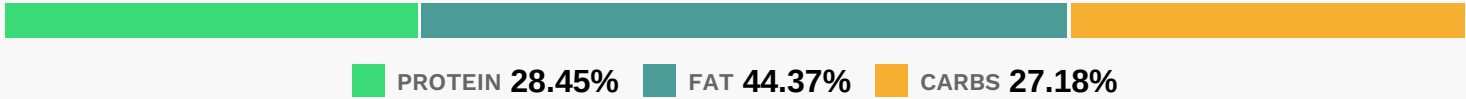
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium heat.
- ☐ Add onion, carrot, celery, garlic, 1/4 teaspoon salt, and bay leaf to pan; cook 8 minutes or until vegetables are tender, stirring occasionally. Increase heat to medium-high.
- ☐ Add ground pork tenderloin, ground pork, pancetta, and 1/4 teaspoon salt; saut 8 minutes or until pork loses its pink color. Stir in tomato paste; cook 1 minute.
- ☐ Add tomato and next 5 ingredients (through rind); bring to a boil. Reduce heat, and simmer 45 minutes.
- ☐ Add cinnamon; simmer 30 minutes or until most of liquid evaporates. Discard bay leaf, rind, and cinnamon stick; stir in remaining 1/2 teaspoon salt and pepper. Arrange 1 cup noodles on each of 8 plates; top each with about 3/4 cup sauce.
- ☐ Sprinkle each serving with 1 tablespoon grated cheese and 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:65.04, Glycemic Load:10.54, Inflammation Score:-9, Nutrition Score:26.093043182207%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 453.04kcal (22.65%), Fat: 21.14g (32.52%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 26.03g (9.47%), Sugar: 6.52g (7.24%), Cholesterol: 83.26mg (27.75%), Sodium: 888.4mg (38.63%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 30.5g (60.99%), Selenium: 48.64µg (69.49%), Vitamin K: 70.06µg (66.72%), Vitamin B1: 0.97mg (64.53%), Vitamin A: 2314.48IU (46.29%), Phosphorus: 422.55mg (42.26%), Vitamin B6: 0.8mg (40.23%), Vitamin B3: 6.84mg (34.17%), Vitamin B2: 0.44mg (26.04%), Calcium: 253.02mg (25.3%), Manganese: 0.47mg (23.57%), Potassium: 742.56mg (21.22%), Zinc: 3.17mg (21.16%), Vitamin C: 14.79mg (17.93%), Vitamin B12: 0.98µg (16.3%), Magnesium: 62mg (15.5%), Iron: 2.63mg (14.62%), Fiber: 3.11g (12.44%), Vitamin B5: 1.19mg (11.91%), Copper: 0.21mg (10.72%), Vitamin E: 1.23mg (8.18%), Folate: 30.42µg (7.6%), Vitamin D: 0.59µg (3.96%)