



Speedy pasta Bolognese

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack beef 5.1% lean minced (fat)
- ☐ 1 handful mushrooms sliced
- ☐ 2 garlic cloves crushed
- ☐ 3 tbsp sundried tomato purée
- ☐ 400 g tomatoes chopped canned
- ☐ 1 glass red wine
- ☐ 1 tsp herb mixed dried
- ☐ 400 g penne pasta

☐ 1 handful basil leaves

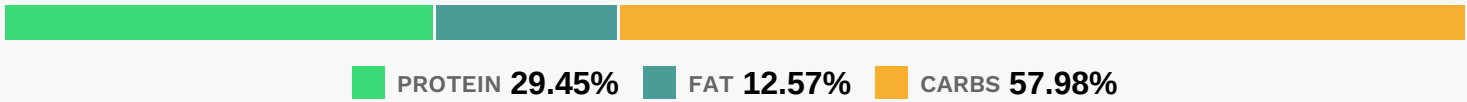
Equipment

☐ frying pan

Directions

- ☐ Brown the beef in a large frying pan for 5 mins, then throw in the mushrooms and soften for 3 mins. Stir in the garlic and sun-dried tomato pure and cook for 2 mins.
- ☐ Add the tomatoes, wine or stock, dried herbs and seasoning. Bring to the boil, then simmer for 10 mins.
- ☐ While the sauce is simmering, cook the pasta as per pack instructions, drain, then serve with the sauce and torn basil leaves scattered on top.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:32.22, Inflammation Score:-6, Nutrition Score:29.19347832773%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 590.08kcal (29.5%), Fat: 8.15g (12.54%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 84.57g (28.19%), Net Carbohydrates: 79.01g (28.73%), Sugar: 8.01g (8.9%), Cholesterol: 77.5mg (25.83%), Sodium: 341.08mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.96g (85.92%), Selenium: 86.6µg (123.71%), Manganese: 1.19mg (59.31%), Zinc: 8.22mg (54.81%), Vitamin B3: 10.52mg (52.62%), Phosphorus: 495.05mg (49.5%), Vitamin B12: 2.8µg (46.67%), Vitamin B6: 0.85mg (42.7%), Iron: 6.16mg (34.2%), Potassium: 1124.29mg (32.12%), Copper: 0.64mg (32.11%), Magnesium: 109.32mg (27.33%), Vitamin B2: 0.38mg (22.47%), Fiber: 5.56g (22.25%), Vitamin B1: 0.24mg (16.19%), Vitamin B5: 1.58mg (15.82%), Vitamin E: 2.04mg (13.6%), Vitamin C: 11.05mg (13.39%), Vitamin K: 11.14µg (10.61%), Folate: 41.24µg (10.31%), Calcium: 83.92mg (8.39%), Vitamin A: 310.36IU (6.21%)