



Spinasse Ragu

 **Gluten Free**  **Dairy Free**

READY IN



300 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef
- 1 lb ground pork
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black
- 2 small onion peeled cut into large pieces
- 2 carrots peeled cut into large pieces
- 2 stalks celery cut into large pieces
- 4 cloves garlic

- 2 tablespoons olive oil
- 1 teaspoon rosemary dried crushed
- 14.5 oz canned tomatoes diced organic undrained canned
- 1 cup wine dry red
- 32 oz chicken broth
- 0.5 teaspoon nutmeg

Equipment

- food processor
- bowl
- dutch oven
- colander

Directions

- In 4-quart Dutch oven, cook beef and pork with salt and pepper over medium heat, stirring occasionally, until no longer pink.
- Drain fat using colander over large bowl. Discard fat, and transfer meat to large bowl; set aside.
- In large food processor, place onions, carrots, celery and garlic. Cover; process until finely chopped. In same Dutch oven, heat olive oil over medium heat.
- Add chopped vegetables and rosemary; cook about 15 minutes or until vegetables begin to brown.
- Add tomatoes and reserved meat to vegetables; cook about 15 minutes longer or until tomatoes darken in color.
- Add red wine. Increase heat to medium-high. Cook about 15 minutes longer or until liquid is reduced by half.
- Add chicken broth; reduce heat to low. Slowly simmer 3 to 4 hours or until meat is tender. Stir in nutmeg during last few minutes of cook time.

Nutrition Facts



■ PROTEIN 23.27% ■ FAT 66.92% ■ CARBS 9.81%

Properties

Glycemic Index:86.46, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:34.194347951723%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 779.93kcal (39%), Fat: 54.73g (84.2%), Saturated Fat: 18.77g (117.29%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 14.17g (5.15%), Sugar: 8.8g (9.77%), Cholesterol: 166.7mg (55.57%), Sodium: 1446.4mg (62.89%), Alcohol: 6.3g (100%), Alcohol %: 1.12% (100%), Protein: 42.82g (85.63%), Vitamin A: 5421.24IU (108.42%), Vitamin B1: 1.05mg (70.07%), Selenium: 47.15µg (67.36%), Vitamin B3: 11.9mg (59.48%), Vitamin B6: 1.09mg (54.6%), Vitamin B12: 3.27µg (54.43%), Zinc: 7.87mg (52.49%), Phosphorus: 450.54mg (45.05%), Vitamin B2: 0.66mg (39.05%), Potassium: 1189.19mg (33.98%), Iron: 5.02mg (27.87%), Manganese: 0.5mg (24.95%), Vitamin K: 21.98µg (20.94%), Vitamin E: 3.11mg (20.76%), Vitamin C: 16.22mg (19.66%), Copper: 0.39mg (19.51%), Magnesium: 74.49mg (18.62%), Vitamin B5: 1.83mg (18.28%), Fiber: 3.88g (15.52%), Folate: 46.99µg (11.75%), Calcium: 113.43mg (11.34%)