



## Tagliatelle alla Bolognese

READY IN



45 min.

SERVINGS



6

CALORIES



584 kcal

SAUCE

### Ingredients

- ☐ 2 allspice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots finely chopped
- ☐ 1 cup celery finely chopped ( 2 stalks)
- ☐ 5 sprigs flat-leaf parsley fresh
- ☐ 6 tablespoons flat-leaf parsley fresh chopped
- ☐ 12 ounces ground pork
- ☐ 12 ounces ground veal
- ☐ 2 cups onion finely chopped ( 1 large)

- ☐ 2 ounces pancetta finely minced
- ☐ 4 teaspoons sea salt divided fine
- ☐ 12 ounces tagliatelle uncooked
- ☐ 1 thyme sprig fresh
- ☐ 2 tablespoons tomato paste
- ☐ 6 quarts water
- ☐ 0.5 cup white wine
- ☐ 1.8 cups milk whole

## Equipment

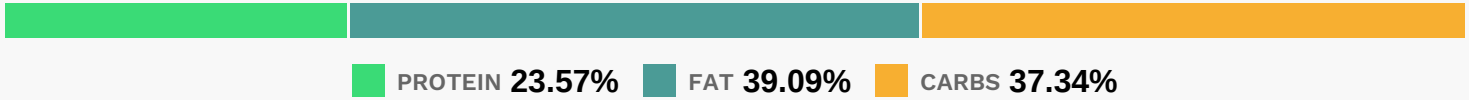
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven
- ☐ cheesecloth

## Directions

- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add pancetta to pan, and cook 2 minutes, stirring occasionally.
- ☐ Add chopped onion, chopped celery, and chopped carrot; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add ground veal, ground pork, 1 teaspoon salt, and pepper; cook 5 minutes or until browned, stirring to crumble. Stir in wine. Cook for 3 minutes or until liquid almost evaporates, stirring occasionally. Stir in tomato paste. Reduce heat to medium-low.
- ☐ Place 5 parsley sprigs and next 3 ingredients (through thyme) on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Add cheesecloth bag and milk to pan; bring to a simmer. Simmer on low heat 1 hour or until thick, stirring occasionally. Discard cheesecloth bag.
- ☐ Bring 6 quarts water and remaining 1 tablespoon salt to a boil in an 8-quart pot.

- ☐ Add pasta to pot; stir. Cover; return water to a boil. Uncover and cook 8 minutes or until al dente.
- ☐ Drain.
- ☐ Place 1 cup pasta in each of 6 shallow bowls; spoon about 3/4 cup sauce over each serving.
- ☐ Sprinkle each with 1 tablespoon chopped parsley.
- ☐ Wine note: A pasta with Bolognese sauce needs a wine that will balance the richness of the pork, veal, and pancetta, plus mirror the acidity of the tomato paste. A wine made from sangiovese grapes such as Chianti is ideal. Opt specifically for a Chianti Classico, which is richer and earthier than basic Chianti. A great wine for the price is the Banfi Chianti Classico 2005 (\$14). Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:67.31, Glycemic Load:20.41, Inflammation Score:-10, Nutrition Score:31.934347546619%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.9mg, Apigenin: 10.9mg, Apigenin: 10.9mg, Apigenin: 10.9mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

## Nutrients (% of daily need)

Calories: 584.03kcal (29.2%), Fat: 24.59g (37.84%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 48.93g (17.79%), Sugar: 8.62g (9.58%), Cholesterol: 149.72mg (49.91%), Sodium: 1849.94mg (80.43%), Alcohol: 2.06g (100%), Alcohol %: 0.2% (100%), Protein: 33.37g (66.73%), Selenium: 67.14µg (95.92%), Vitamin K: 87.98µg (83.79%), Vitamin A: 3405.02IU (68.1%), Phosphorus: 472.87mg (47.29%), Vitamin B1: 0.67mg (44.67%), Vitamin B3: 8.89mg (44.43%), Vitamin B6: 0.77mg (38.31%), Manganese: 0.7mg (34.78%), Zinc: 4.84mg (32.26%), Vitamin B12: 1.75µg (29.21%), Vitamin B2: 0.49mg (29.03%), Potassium: 876.92mg (25.05%), Copper: 0.48mg (23.88%), Magnesium: 92.8mg (23.2%), Vitamin B5: 2.15mg (21.46%), Calcium: 189.95mg (18.99%), Vitamin C: 13.69mg (16.59%), Iron: 2.85mg (15.85%), Fiber: 3.95g (15.78%), Folate: 54.18µg (13.55%), Vitamin D: 0.99µg (6.6%), Vitamin E: 0.86mg (5.75%)