



Tagliatelle Bolognese

READY IN



45 min.

SERVINGS



6

CALORIES



1312 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 carrots finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 2 ounces porcini mushrooms dried
- ☐ 2 cups cooking wine dry red
- ☐ 1 handful basil leaves fresh
- ☐ 6 servings ricotta cheese fresh
- ☐ 5 garlic cloves minced

- ☐ 1.5 pound ground beef
- ☐ 1.5 pound ground pork
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 cups milk
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 1 medium onion finely chopped
- ☐ 6 servings parmigiano-reggiano freshly grated for serving
- ☐ 1 pound tagiatelle pasta dry
- ☐ 2 sprigs rosemary
- ☐ 0.3 pound slab bacon finely chopped

Equipment

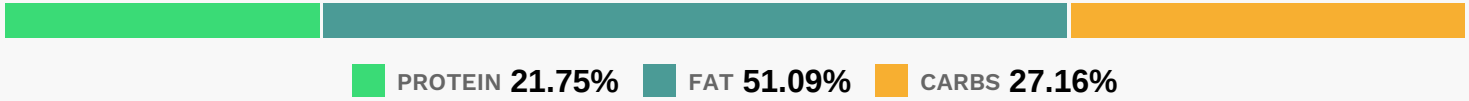
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Reconstitute the mushrooms in boiling water for 20 minutes until tender, drain and coarsely chop.
- ☐ Puree the mushrooms, pancetta, onion, celery stalks, carrots, garlic, together in a blender.
- ☐ In a heavy-bottomed pot add olive oil, bay leaves, herbs and cook gently until fragrant, then add vegetable puree and continue to cook for a further 5 to 10 minutes.
- ☐ Raise the heat a bit and add the ground pork and beef; brown until the meat is no longer pink, breaking up the clumps with a wooden spoon.
- ☐ Add the milk and simmer until the liquid is evaporated, about 10 minutes. Carefully pour in the tomatoes, and wine and season with salt and pepper. Bring the sauce to a boil, then lower the heat and cover. Slowly simmer for 1 1/2 to 2 hours, stirring now and then, until the sauce is very thick. Taste again for salt and pepper.
- ☐ When you are ready to serve, bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes or until tender yet firm (as they say in Italian "al dente").

- ☐
- Drain the pasta well and toss with the Bolognese sauce.
- ☐
- Serve with a good scoop of fresh ricotta cheese and garnish with some shredded basil, grated Parmigiano and a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:79.97, Glycemic Load:28.4, Inflammation Score:-10, Nutrition Score:50.11391270679%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 1311.78kcal (65.59%), Fat: 71.06g (109.32%), Saturated Fat: 27.61g (172.54%), Carbohydrates: 84.98g (28.33%), Net Carbohydrates: 77.95g (28.35%), Sugar: 13.99g (15.54%), Cholesterol: 205.3mg (68.43%), Sodium: 973.75mg (42.34%), Alcohol: 8.4g (100%), Alcohol %: 1.51% (100%), Protein: 68.08g (136.15%), Selenium: 110.55µg (157.93%), Phosphorus: 926.74mg (92.67%), Vitamin A: 4094.58IU (81.89%), Vitamin B1: 1.21mg (80.77%), Vitamin B3: 15.12mg (75.61%), Zinc: 10.89mg (72.61%), Vitamin B6: 1.41mg (70.46%), Vitamin B12: 4.12µg (68.63%), Manganese: 1.2mg (59.82%), Calcium: 574.21mg (57.42%), Copper: 1.11mg (55.73%), Vitamin B2: 0.92mg (54.03%), Vitamin B5: 4.73mg (47.33%), Potassium: 1629.06mg (46.54%), Magnesium: 150.7mg (37.68%), Iron: 6.61mg (36.7%), Fiber: 7.03g (28.11%), Vitamin E: 3.21mg (21.4%), Vitamin C: 16.77mg (20.33%), Folate: 70.35µg (17.59%), Vitamin K: 17.44µg (16.61%), Vitamin D: 1.6µg (10.69%)