



Turkey Bolognese Sauce

READY IN



210 min.

SERVINGS



8

CALORIES



474 kcal

SAUCE

Ingredients

- 56 ounce tomatoes whole peeled canned
- 0.8 cup carrots grated
- 1.5 teaspoons basil dried
- 4 cloves garlic minced
- 2 pounds pd of ground turkey
- 2 tablespoons jalapeño peppers minced
- 1 cup milk
- 2 onions minced
- 0.5 cup parmesan cheese grated

- 1 pound pasta like spaghetti
- 1 tablespoon tomato paste
- 1.5 cups white wine

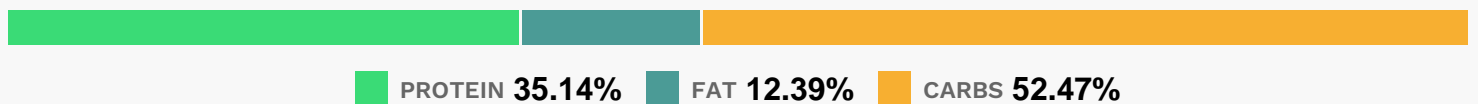
Equipment

- sauce pan
- pot

Directions

- In large saucepan over medium heat, cook turkey, onion, garlic, carrot, basil and jalapeno until turkey is brown.
- Pour in milk, reduce heat to low, and simmer until reduced by one-third. Stir in wine and reduce again.
- Pour in tomatoes and tomato paste and simmer 3 hours more.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with tomato sauce and top with Parmesan.
- Serve.

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:19, Inflammation Score:-9, Nutrition Score:29.363043598507%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 473.93kcal (23.7%), Fat: 6.15g (9.46%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 58.57g (19.52%), Net Carbohydrates: 53.68g (19.52%), Sugar: 10.29g (11.43%), Cholesterol: 71.47mg (23.82%), Sodium: 493.92mg (21.47%), Alcohol: 4.64g (100%), Alcohol %: 1.18% (100%), Protein: 39.22g (78.45%), Selenium: 64.39µg (91.99%), Vitamin B6: 1.41mg (70.47%), Vitamin B3: 13.75mg (68.75%), Phosphorus: 498.43mg (49.84%), Vitamin A: 2441.73IU (48.83%), Manganese: 0.84mg (42.22%), Vitamin C: 26.55mg (32.19%), Potassium: 1042.32mg (29.78%), Magnesium: 102.41mg (25.6%), Zinc: 3.65mg (24.31%), Iron: 4.04mg (22.45%), Vitamin B2: 0.36mg (20.98%), Copper: 0.4mg (20.24%), Fiber: 4.89g (19.57%), Calcium: 192.01mg (19.2%), Vitamin B5: 1.72mg (17.23%), Vitamin B1: 0.26mg (17.2%), Vitamin B12: 0.83µg (13.79%), Vitamin E: 1.86mg (12.43%), Vitamin K: 12.05µg (11.47%), Folate: 45.36µg (11.34%), Vitamin D: 0.82µg (5.47%)