



Weeknight Bolognese

 Popular

READY IN



45 min.

SERVINGS



5

CALORIES



693 kcal

SAUCE

Ingredients

- 28 ounce canned tomatoes crushed canned
- 1.3 cups wine dry red divided
- 0.3 cup basil fresh packed chopped
- 4 cloves garlic minced
- 0.3 teaspoon nutmeg
- 1 pound ground sirloin lean
- 0.3 cup cup heavy whipping cream
- 5 servings pepper black freshly ground

- 2 tablespoons olive oil good
- 1 tablespoon oregano dried
- 0.5 cup parmesan cheese freshly grated for serving
- 0.8 pound orecchiette dried such as orecchiette or small shells
- 0.3 teaspoon pepper red crushed
- 2 tablespoons tomato paste

Equipment

- bowl
- frying pan
- pot
- wooden spoon

Directions

- Watch how to make this recipe.
- Heat 2 tablespoons of olive oil in a large (12-inch) skillet over medium-high heat.
- Add the ground sirloin and cook, crumbling the meat with a wooden spoon, for 5 to 7 minutes, until the meat has lost its pink color and has started to brown. Stir in the garlic, oregano, and red pepper flakes and cook for 1 more minute.
- Pour 1 cup of the wine into the skillet and stir to scrape up any browned bits.
- Add the tomatoes, tomato paste, 1 tablespoon salt, and 1 1/2 teaspoons pepper, stirring until combined. Bring to a boil, lower the heat, and simmer for 10 minutes.
- Meanwhile, bring a large pot of water to a boil, add a tablespoon of salt, a splash of oil, and the pasta, and cook according to the directions on the box.
- While the pasta cooks, finish the sauce.
- Add the nutmeg, basil, cream, and the remaining 1/4 cup wine to the sauce and simmer for 8 to 10 minutes, stirring occasionally until thickened. When the pasta is cooked, drain and pour into a large serving bowl.
- Add the sauce and 1/2 cup Parmesan and toss well.
- Serve hot with Parmesan on the side.

Nutrition Facts

PROTEIN 19.74% FAT 38.43% CARBS 41.83%

Properties

Glycemic Index:66.4, Glycemic Load:24.38, Inflammation Score:-9, Nutrition Score:27.92608692335%

Flavonoids

Petunidin: 1.99mg, Delphinidin: 2.51mg, Malvidin: 15.74mg, Peonidin: 1.11mg, Catechin: 4.62mg, Epicatechin: 6.4mg, Luteolin: 0.03mg, Isorhamnetin: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.21mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 692.94kcal (34.65%), Fat: 27.92g (42.96%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 68.4g (22.8%), Net Carbohydrates: 62.37g (22.68%), Sugar: 10.04g (11.16%), Cholesterol: 83.84mg (27.95%), Sodium: 504.78mg (21.95%), Alcohol: 6.3g (100%), Alcohol %: 1.92% (100%), Protein: 32.27g (64.53%), Selenium: 62.9µg (89.86%), Manganese: 1.07mg (53.63%), Phosphorus: 416.63mg (41.66%), Zinc: 6.03mg (40.17%), Vitamin B3: 7.61mg (38.07%), Vitamin B6: 0.72mg (35.97%), Vitamin B12: 2.12µg (35.38%), Iron: 5.6mg (31.11%), Copper: 0.6mg (29.9%), Potassium: 1008.56mg (28.82%), Vitamin E: 3.87mg (25.8%), Vitamin K: 25.82µg (24.59%), Fiber: 6.03g (24.13%), Magnesium: 95.73mg (23.93%), Vitamin C: 17.07mg (20.69%), Calcium: 203.88mg (20.39%), Vitamin B2: 0.34mg (19.88%), Vitamin A: 811.18IU (16.22%), Vitamin B1: 0.23mg (15.67%), Vitamin B5: 1.33mg (13.33%), Folate: 43.55µg (10.89%), Vitamin D: 0.33µg (2.21%)