



## Weeknight Turkey "Bolognese"

READY IN



45 min.

SERVINGS



4

CALORIES



780 kcal

SAUCE

### Ingredients

- 1 pound pd of ground turkey (see note above)
- 28 oz canned tomatoes whole peeled canned
- 0.7 cup carrots diced
- 0.7 cup celery stalks diced
- 4 servings fish sauce
- 0.5 cup basil fresh chopped
- 1 teaspoon garlic minced
- 4 servings pepper black freshly ground
- 3.5 cups chicken broth low sodium homemade store-bought

- 2 tablespoons olive oil
- 1 cup onion diced
- 0.5 cup parmesan grated plus more for serving
- 1 pinch pepper red
- 0.5 cup red wine
- 1 pound pasta like spaghetti

## Equipment

- frying pan
- potato masher
- wooden spoon

## Directions

- Heat the oil in a 12-inch skillet over medium heat until shimmering.
- Add the onion and a pinch of salt and cook until softened and translucent, about 5 minutes, then add the carrots, celery and chili flakes and cook until softened, about 4 minutes more.
- Add the garlic and cook until fragrant, about 30 seconds.
- Add the meat, gently breaking it apart with a wooden spoon, and cook until no longer pink, 5 to 6 minutes, seasoning generously with salt and pepper.
- Add the wine and allow to simmer until reduced, making sure not to aggressively boil the meat, about 5 minutes.
- Add the tomatoes, gently breaking apart the tomatoes as they soften with a wooden spoon or potato masher, then add the stock and raise the heat to maintain a vigorous boil.
- Add the pasta and cook according the package directions, until al dente. Finish with a splash of fish sauce, then season to taste with salt.
- Stir in half the basil and cheese.
- Serve the spaghetti, sprinkling with more basil and cheese at the table.

## Nutrition Facts



PROTEIN 27.54% FAT 18.59% CARBS 53.87%

## Properties

Glycemic Index:80.46, Glycemic Load:35.95, Inflammation Score:-10, Nutrition Score:38.754347490228%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 780.45kcal (39.02%), Fat: 15.8g (24.31%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 103g (34.33%), Net Carbohydrates: 95.74g (34.81%), Sugar: 11.29g (12.55%), Cholesterol: 70.87mg (23.62%), Sodium: 720.92mg (31.34%), Alcohol: 3.18g (100%), Alcohol %: 0.53% (100%), Protein: 52.64g (105.29%), Selenium: 100.3µg (143.29%), Vitamin B3: 17.65mg (88.24%), Vitamin A: 4165.48IU (83.31%), Vitamin B6: 1.51mg (75.54%), Manganese: 1.4mg (70.18%), Phosphorus: 691.28mg (69.13%), Potassium: 1374.73mg (39.28%), Magnesium: 138.46mg (34.61%), Copper: 0.69mg (34.5%), Zinc: 4.64mg (30.95%), Vitamin K: 30.98µg (29.5%), Iron: 5.3mg (29.43%), Vitamin C: 23.98mg (29.06%), Fiber: 7.26g (29.03%), Calcium: 278.06mg (27.81%), Vitamin B2: 0.45mg (26.23%), Vitamin B1: 0.31mg (20.46%), Vitamin B5: 1.95mg (19.49%), Vitamin E: 2.82mg (18.79%), Folate: 66.84µg (16.71%), Vitamin B12: 0.94µg (15.66%), Vitamin D: 0.52µg (3.44%)