

Spaghetti Bolognese

20 Minute Meals

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Servings: 6

1 tablespoon olive oil
1 medium onion, chopped
3 cloves garlic, chopped
1/2 teaspoon salt
1 pound ground beef chuck
1 can (28 ounce) crushed tomatoes
1/2 ounce grated Pecorino cheese
1/2 cup milk
1 pound spaghetti, cooked
basil leaves (for garnish)
Pecorino cheese (for garnish)

In a pot, cook the spaghetti according to package directions.

In a large saucepot, heat the olive oil on medium high. Add the onion, garlic and salt. Cook for 10 minutes, stirring occasionally.

Add the ground beef. Cook for 5 minutes.

Add the crushed tomatoes. Simmer for 10 minutes.

Stir in the Pecorino cheese and milk.

Toss with the cooked spaghetti.

Garnish with basil leaves and more grated Pecorino cheese.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 326 Calories; 4g Fat (11.7% calories from fat); 11g Protein; 60g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 207mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	326
% Calories from Fat:	11.7%
% Calories from Carbohydrates:	74.9%
% Calories from Protein:	13.4%
Total Fat (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	19mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 3mg
Carbohydrate (g): 60g
Dietary Fiber (g): 2g
Protein (g): 11g
Sodium (mg): 207mg
Potassium (mg): 218mg
Calcium (mg): 49mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 97IU
Vitamin A (r.e.): 15RE

Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 4
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 326 Calories from Fat: 38

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	3mg	1%
Sodium	207mg	9%
Total Carbohydrates	60g	20%
Dietary Fiber	2g	9%
Protein	11g	
Vitamin A		2%
Vitamin C		5%
Calcium		5%
Iron		17%

* Percent Daily Values are based on a 2000 calorie diet.