Article Side

Tagliatelle with Bolognese Sauce Recipe by James Macro

Article published on June 28th 2012 | Cooking

We will not see only how to cook this first course but we will also give information about how many calories are contained in a dish of tagliatelle with Bolognese sauce, why you should eat it if you are making a balanced diet, and when it is better to avoid it and how to make this dish more light and suited for people on a diet.

But let us see what ingredients you will need to prepare the tagliatelle with Bolognese sauce for 4 servings:

â€¢ 320g fresh egg pasta Tagliatelle

â€¢ 2oogr of minced meat

â€¢ 1 onion

â€¢ 1 carrot

â€¢ 1 stalk celery

â€¢ 200gr of peeled, tomatoes

â€¢ 30g of extra virgin olive oil

â€¢ 30g Grana Padano cheese (Grana Padano)

Preparation

Fry over low heat the onion, carrot, celery with butter and extra virgin olive oil; then add the minced meat, salt and pepper and brown everything for a few minutes. Next, chop and add the tomatoes.

Cover and simmer for 3 hours; once the Bolognese sauce is ready, boil the Tagliatelle in salted water, drain and season with the Bolognese sauce, sprinkle the dish with Grana Padano cheese and serve.

The preparation time is 3 hours long due to the preparation of the meat sauce.

The options regarding the type of meat to use depends on personal preference. The use of veal gives the Bolognese sauce a more delicate taste; if you want a more intense flavor you should add chopped ham or bacon; or you can add chicken livers into the sauce to make it more tasty.

The dish now is ready; let's examine in detail the Tagliatelle with Bolognese sauce and how many calories a plate of Tagliatelle with this sauce has??

With the reported ingredients and a quantity of 320gr of pasta for 4 people we will have 500 calories per serving. Let's see in detail where these calories are: 295 are made from egg pasta, 70 from olive oil, 80 from the meal used for the sauce, 30 from grana and 25 from vegetables used to make the sauce.

Tagliatelle with Bolognese sauce is a complete meal that is recommended because of the high

amount of iron and magnesium, and the principal vitamin B12. Be careful that if you eat this pasta as first course and then you eat a second dish, you will increase the amount of calories and protein. So after a plate of pasta with Bolognese sauce, it's better to match it with baked vegetables or a salad with orange juice.

If you want to cook a lighter recipe of pasta with meat sauce, we recommend to use lean meat such as beef. In fact, 200g of this meat provide about 220 calories, then 100 less than that provided by ground meat mixed of beef and pork.

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Article Keywords:
Bolognese sauce

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