



 **56%**  
HEALTH SCORE

## Andrew Carmellini's Pappardelle With White Bolognese

READY IN



210 min.

SERVINGS



2

CALORIES



1801 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup bacon finely chopped
- 1 bay leaves
- 0.3 cup celery root peeled finely chopped
- 0.3 cup crimini mushrooms white finely chopped
- 1 pinch pepper red crushed
- 0.5 cup wine dry white
- 3 tablespoons olive oil extra virgin
- 1 small garlic clove minced

- 0.5 pound ground pork
- 1 pound ground veal
- 1.3 cups half and half
- 2 servings pepper black freshly ground
- 1 cup chicken stock low-sodium
- 1 pinch nutmeg freshly grated
- 1 cup onion finely chopped
- 0.5 pound pappardelle
- 2 servings parmesan freshly grated for serving
- 1 small rosemary
- 2 sage
- 1 thyme leaves

## Equipment

- bowl
- frying pan
- pot

## Directions

- In a large enameled cast-iron casserole, heat the olive oil until shimmering.
- Add the veal and pork and cook over moderately high heat, stirring occasionally, until most of the liquid has evaporated and the meat is nearly cooked through, 6 to 8 minutes.
- Add the wine and cook over moderate heat, scraping up any browned bits from the bottom of the casserole, until evaporated, about 3 minutes.
- Add the half-and-half and chicken stock to the casserole, then stir in the thyme, rosemary, sage, bay leaf, garlic, pink pepper, crushed red pepper, nutmeg and a generous pinch each of salt and black pepper. Bring just to a simmer. Cover and cook over moderately low heat, stirring occasionally, until the sauce has thickened slightly and the meat is very tender, about 2 hours. Meanwhile, in a medium skillet, cook the bacon over moderate heat, stirring, until the fat has rendered, about 5 minutes.

- Add the onion, mushrooms and celery root and cook, stirring, until the soffritto has softened, about 7 minutes. Stir the soffritto into the
- Bolognesesauce, cover partially and cook over moderately low heat, stirring occasionally, until the sauce has reduced just slightly, about 25 minutes longer. Discard the thyme, rosemary and bay leaf. Season the
- Bolognesesauce with salt and black pepper and keep warm over very low heat. In a large pot of salted boiling water, cook the pappardelle until al dente.
- Drain, reserving 1/4 cup of the cooking water.
- Add the pasta and cooking water to the
- Bolognesesauce and toss over moderate heat until the pasta is well coated, about 2 minutes.
- Transfer the pasta to a large, shallow bowl and serve right away, passing Parmigiano-Reggiano at the table. More pasta recipes for dinner on Food Republic: Paccheri Pasta With Swordfish, Olives, Capers And Mint Recipe Spaghetti With White Puttanesca Recipe Rigatoni With Spicy Salami And Tomato Recipe

## Nutrition Facts

**PROTEIN 23.39%** **FAT 53.2%** **CARBS 23.41%**

### Properties

Glycemic Index:197.5, Glycemic Load:36.85, Inflammation Score:-9, Nutrition Score:55.597826418669%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg

### Nutrients (% of daily need)

Calories: 1801.36kcal (90.07%), Fat: 103.38g (159.04%), Saturated Fat: 39.38g (246.12%), Carbohydrates: 102.33g (34.11%), Net Carbohydrates: 96.53g (35.1%), Sugar: 13.37g (14.85%), Cholesterol: 455.73mg (151.91%), Sodium: 1105.25mg (48.05%), Alcohol: 6.18g (100%), Alcohol %: 0.8% (100%), Protein: 102.25g (204.5%), Selenium: 156.33µg (223.34%), Phosphorus: 1433.54mg (143.35%), Vitamin B3: 28.03mg (140.17%), Vitamin B6: 1.99mg (99.74%),

Vitamin B1: 1.41mg (93.78%), Zinc: 13.91mg (92.73%), Vitamin B2: 1.53mg (89.71%), Vitamin B12: 5.08µg (84.73%), Manganese: 1.34mg (67.15%), Calcium: 654.43mg (65.44%), Vitamin B5: 5.84mg (58.42%), Potassium: 1976.3mg (56.47%), Magnesium: 196.09mg (49.02%), Copper: 0.96mg (48.04%), Iron: 6.53mg (36.29%), Vitamin E: 4.71mg (31.42%), Folate: 95.21µg (23.8%), Vitamin K: 24.48µg (23.32%), Fiber: 5.79g (23.17%), Vitamin A: 904.94IU (18.1%), Vitamin C: 10.97mg (13.3%), Vitamin D: 0.62µg (4.12%)