



WHATSheATE



Andrew Carmellini's Strozzapreti with Sausage, Grapes, and Red Wine

READY IN



45 min.

SERVINGS



4

CALORIES



1322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry red
- ☐ 1 tablespoon flat parsley chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 lbs ground sausage italian (4 links)
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1 lb soup noodles
- ☐ 1 ounce pecorino cheese grated plus more for serving

- ☐ 1 cup grapes red seedless
- ☐ 2 tablespoons red wine vinegar
- ☐ 10 sage roughly chopped
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted

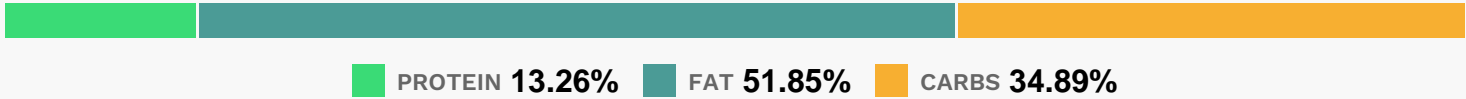
Equipment

- ☐ pot

Directions

- ☐ Cut the grapes in half lengthwise.
- ☐ Combine the grapes, wine, sugar, and vinegar and put in a covered container in the fridge overnight (at least 8 hours).
- ☐ In a medium saucepot, bring the grape mixture to a boil over high heat. Cook at a boil until the liquid has reduced by half, about 10 minutes, then remove from heat.
- ☐ Cut the sausage casings open and remove the meat. Discard casings. Put a large pot of water on to boil for the pasta.
- ☐ Heat olive oil in a large pot over medium heat until shimmering.
- ☐ Add the meat and brown, stirring and breaking up the meat as you go, about 5 minutes.
- ☐ When the meat has begun to brown, add the onion and continue cooking, stirring well, until sausage is well browned and onions have softened, 5 to 7 minutes.
- ☐ Add the sage leaves and stir to combine.
- ☐ Add the grape mixture and stir well.
- ☐ When the water comes to a boil, cook the pasta until just al dente (subtract one minute from the directions on the package).
- ☐ Drain but do not rinse, reserving a few tablespoons of pasta water.
- ☐ Add the pasta to the sausage mixture and stir for 1 minute, adding a tablespoon of pasta water at a time to just moisten. Turn the heat off, add butter, cheese, and black pepper, stirring well.
- ☐ Add the parsley and serve immediately, topped with additional cheese.

Nutrition Facts



Properties

Glycemic Index:76.02, Glycemic Load:47, Inflammation Score:-7, Nutrition Score:29.677826173927%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 1322.21kcal (66.11%), Fat: 73.25g (112.7%), Saturated Fat: 25.79g (161.17%), Carbohydrates: 110.88g (36.96%), Net Carbohydrates: 106.13g (38.59%), Sugar: 23.12g (25.68%), Cholesterol: 151.69mg (50.56%), Sodium: 1339.94mg (58.26%), Alcohol: 6.3g (100%), Alcohol %: 1.71% (100%), Protein: 42.16g (84.31%), Selenium: 115.28µg (164.68%), Vitamin B1: 1.12mg (74.47%), Manganese: 1.27mg (63.31%), Phosphorus: 532.17mg (53.22%), Copper: 0.84mg (42.23%), Vitamin B3: 7.6mg (37.99%), Vitamin B6: 0.76mg (37.98%), Zinc: 4.95mg (32.98%), Vitamin K: 29.56µg (28.15%), Vitamin B12: 1.64µg (27.32%), Vitamin B2: 0.42mg (24.92%), Potassium: 834.08mg (23.83%), Magnesium: 95mg (23.75%), Iron: 3.95mg (21.96%), Fiber: 4.75g (19.01%), Calcium: 148.33mg (14.83%), Vitamin B5: 1.47mg (14.7%), Vitamin E: 1.91mg (12.7%), Folate: 44.64µg (11.16%), Vitamin C: 8.94mg (10.83%), Vitamin A: 315.67IU (6.31%)