



Baked Ziti with Spicy Pork and Sausage Ragù

READY IN



45 min.

SERVINGS



8

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds boston butt pork shoulder cut into 1 1/4-inch cubes (pork shoulder)
- 28 frangelico chopped canned
- 0.8 cup carrots chopped
- 0.8 cup celery chopped
- 2 cups wine dry red
- 6 large garlic clove chopped
- 1 pound ground sausage italian hot
- 2 tablespoons olive oil

- 2 cups onion chopped
- 4 ounces pancetta thinly sliced chopped
- 0.5 cup parmesan cheese freshly grated
- 0.5 teaspoon pepper dried red crushed
- 6 large thyme sprigs fresh
- 1.3 pounds ziti

Equipment

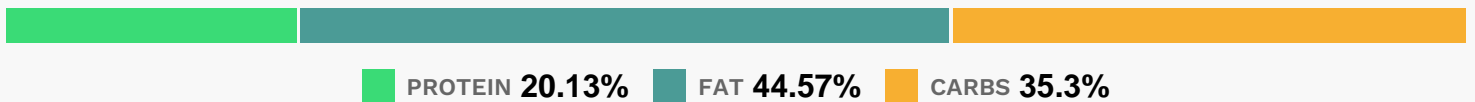
- bowl
- oven
- pot
- baking pan
- slotted spoon
- glass baking pan

Directions

- Heat olive oil in heavy large pot over medium-high heat.
- Add pancetta and sauté until brown and crisp. Using slotted spoon, transfer pancetta to bowl.
- Sprinkle pork with salt and pepper.
- Add half of pork to drippings in pot; sauté until brown, about 7 minutes.
- Transfer to bowl with pancetta. Repeat with remaining pork.
- Add sausage to same pot. Sauté until no longer pink, breaking up with back of fork, about 5 minutes.
- Add onions, carrots, celery, thyme, garlic, bay leaves, and crushed red pepper. Reduce heat to medium-low; sauté until vegetables are tender, about 10 minutes.
- Add wine and bring to boil, scraping up browned bits.
- Add pancetta and pork with any accumulated juices; boil 2 minutes.
- Add tomatoes with juice. Cover and cook until pork is very tender, adjusting heat as needed to maintain gentle simmer and stirring occasionally, about 2 hours.

- Uncover pot; tilt to 1 side and spoon off fat from surface of ragù. Gently press pork pieces with back of fork to break up meat coarsely. Season ragù to taste with salt and pepper. (Can be made 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep refrigerated. Rewarm over low heat before continuing.)
- Preheat oven to 400°F. Butter 15x10x2-inch glass baking dish or other 4-quart baking dish. Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain pasta; mix into ragù. Season mixture to taste with salt and pepper; transfer to prepared dish.
- Sprinkle both cheeses over.
- Bake until heated through and golden, about 20 minutes.
- *Pancetta (Italian bacon cured in salt) is available at Italian markets and in the refrigerated deli case of many supermarkets.

Nutrition Facts



Properties

Glycemic Index:31.35, Glycemic Load:22.87, Inflammation Score:-10, Nutrition Score:25.670000338036%

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: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 754.44kcal (37.72%), Fat: 34.78g (53.5%), Saturated Fat: 11.67g (72.91%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 58.34g (21.22%), Sugar: 4.32g (4.8%), Cholesterol: 104.23mg (34.74%), Sodium: 694.54mg (30.2%), Alcohol: 6.3g (100%), Alcohol %: 2.29% (100%), Protein: 35.35g (70.69%), Selenium: 84.89µg (121.27%), Vitamin B1: 1.07mg (71.44%), Vitamin A: 2185.94IU (43.72%), Phosphorus: 436.94mg (43.69%), Manganese: 0.83mg

(41.56%), Vitamin B6: 0.71mg (35.29%), Vitamin B3: 6.82mg (34.09%), Zinc: 4.78mg (31.86%), Vitamin B2: 0.42mg (24.62%), Vitamin B12: 1.25µg (20.87%), Potassium: 714.56mg (20.42%), Copper: 0.36mg (18.11%), Magnesium: 72.38mg (18.09%), Iron: 2.88mg (16%), Fiber: 3.64g (14.55%), Vitamin B5: 1.39mg (13.85%), Calcium: 115.45mg (11.54%), Vitamin C: 7.56mg (9.17%), Folate: 34.9µg (8.73%), Vitamin K: 6.97µg (6.64%), Vitamin E: 0.84mg (5.58%)