



Bigoli in Salsa

READY IN



40 min.

SERVINGS



4

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 eggs
- ☐ 6 tablespoons olive oil extra virgin
- ☐ 4 cups flour and bench flour whole wheat
- ☐ 0.5 cup warm milk with 2 tablespoons butter melted in
- ☐ 1 medium onion spanish chopped
- ☐ 2 bunches parsley italian finely chopped
- ☐ 8 anchovies salted for 2 hours

Equipment

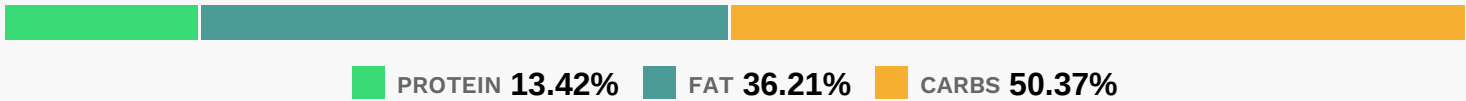
- ☐ frying pan
- ☐ baking sheet
- ☐ cutting board
- ☐ meat grinder

Directions

- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ Place noodles in boiling water, and allow 8 to 9 minutes to cook. In a 12 to 14-inch saute pan, place oil, anchovies and onion over medium heat and cook. Stir often to break up anchovies until a paste is formed, about 8 to 10 minutes.
- ☐ Drain pasta and toss into pan.
- ☐ Add parsley, toss through and place on a plate.
- ☐ Serve immediately.
- ☐ To make pasta: Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and milk mixture. Using a fork, beat together the eggs and milk mixture and begin to incorporate the flour starting with the inner rim of the well.
- ☐ As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when half of the flour is incorporated.
- ☐ Start kneading the dough with both hands, using the palms of your hands. Once you have a cohesive mass, remove the dough from the board and scrape up any leftover crusty bits. Discard these bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature.
- ☐ Note: Do not skip the kneading or resting portion of this recipe. They are essential for a light pasta.
- ☐ To make bigoli: Knead dough until smooth and tight and let rest 20 minutes.
- ☐ Cut dough into 6 and run through a meat grinder set to smallest extrusion size. As pasta exits, cut it into 12-inch pieces and immediately dust with flour.

Lay out on to cookie sheet dusted with cornmeal, being careful to keep the strands separate.
Finish all 6 pieces the same way.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:40.339565567348%

Flavonoids

Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg, Myricetin: 4.24mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 702.88kcal (35.14%), Fat: 29.55g (45.46%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 92.48g (30.83%), Net Carbohydrates: 78.23g (28.45%), Sugar: 3.53g (3.92%), Cholesterol: 167.34mg (55.78%), Sodium: 693.95mg (30.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.3%), Vitamin K: 482.66µg (459.67%), Manganese: 4.97mg (248.75%), Selenium: 88.41µg (126.31%), Phosphorus: 570.83mg (57.08%), Fiber: 14.25g (56.99%), Vitamin A: 2699.2IU (53.98%), Vitamin C: 39.94mg (48.41%), Magnesium: 190.34mg (47.58%), Vitamin B1: 0.67mg (44.95%), Iron: 7.03mg (39.07%), Vitamin B3: 6.42mg (32.09%), Vitamin B6: 0.64mg (32.02%), Folate: 122.03µg (30.51%), Vitamin E: 4.57mg (30.48%), Copper: 0.58mg (28.86%), Vitamin B2: 0.48mg (28.03%), Zinc: 4.16mg (27.76%), Potassium: 740.32mg (21.15%), Vitamin B5: 1.66mg (16.6%), Calcium: 148.82mg (14.88%), Vitamin B12: 0.56µg (9.27%), Vitamin D: 1.22µg (8.1%)