



HEALTH SCORE

65%

## Braised Spareribs with Rigatoni



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 8 cherry peppers from jar seeded drained chopped
- ☐ 1 cup cooking wine dry white
- ☐ 10 large garlic cloves chopped
- ☐ 1 cup low-salt chicken broth canned
- ☐ 0.3 cup olive oil
- ☐ 1 pound onions thinly sliced
- ☐ 1.5 cups parmesan freshly grated

- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 4 pounds pork spareribs cut into individual ribs
- ☐ 0.8 teaspoon pepper dried red crushed
- ☐ 1 pound rigatoni
- ☐ 4 large thyme sprigs fresh
- ☐ 84 ounce juice reserved from tomatoes italian-style canned

## Equipment

- ☐ bowl
- ☐ pot
- ☐ potato masher

## Directions

- ☐ Heat oil in heavy large pot over high heat.
- ☐ Sprinkle spareribs with salt and pepper. Working in batches, add ribs to pot and brown on all sides, about 6 minutes.
- ☐ Transfer ribs to bowl.
- ☐ Add onions, garlic, cherry peppers and crushed red pepper to pot. Sauté until onions just begin to brown, about 10 minutes.
- ☐ Add tomatoes with their juices. Using back of fork or potato masher, coarsely crush tomatoes. Return spareribs and juices to pot.
- ☐ Add broth, wine, thyme and bay leaves and bring to boil. Reduce heat to medium- low. Simmer uncovered until spareribs are very tender and sauce thickens, stirring occasionally, about 2 hours. Season with salt and pepper. (Can be made 2 days ahead. Cool slightly. Refrigerate until cold, then cover and keep chilled.
- ☐ Remove chilled fat from top of sauce, if desired. Rewarm before continuing.)
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain and return pasta to same pot.
- ☐ Add cheese, parsley and some sauce from spareribs and toss to coat.
- ☐ Transfer pasta to large bowl. Top with spareribs and remaining sauce and serve.

# Nutrition Facts

 **PROTEIN 20.2%**  **FAT 58.92%**  **CARBS 20.88%**

## Properties

Glycemic Index:36.33, Glycemic Load:25.15, Inflammation Score:-10, Nutrition Score:42.924347960431%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 15.46mg, Quercetin: 15.46mg, Quercetin: 15.46mg, Quercetin: 15.46mg

## Nutrients (% of daily need)

Calories: 1385.13kcal (69.26%), Fat: 87.77g (135.03%), Saturated Fat: 28.44g (177.76%), Carbohydrates: 70g (23.33%), Net Carbohydrates: 64.9g (23.6%), Sugar: 5.96g (6.62%), Cholesterol: 258.92mg (86.31%), Sodium: 1018.86mg (44.3%), Alcohol: 4.12g (100%), Alcohol %: 0.52% (100%), Protein: 67.71g (135.43%), Selenium: 121.11µg (173.02%), Vitamin B6: 2.05mg (102.68%), Vitamin B3: 16.24mg (81.2%), Phosphorus: 794.76mg (79.48%), Vitamin B1: 1.09mg (72.87%), Zinc: 9.65mg (64.31%), Vitamin K: 61.4µg (58.47%), Vitamin B2: 0.94mg (55.29%), Manganese: 0.98mg (49.01%), Vitamin D: 7.08µg (47.2%), Calcium: 397.34mg (39.73%), Potassium: 1143.7mg (32.68%), Magnesium: 115.8mg (28.95%), Copper: 0.55mg (27.29%), Iron: 4.8mg (26.69%), Vitamin B5: 2.49mg (24.88%), Vitamin B12: 1.49µg (24.81%), Fiber: 5.11g (20.43%), Vitamin E: 2.69mg (17.95%), Vitamin C: 12.67mg (15.36%), Vitamin A: 585.87IU (11.72%), Folate: 35.77µg (8.94%)