



Casônsèi from Val Camonica

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cups bread crumbs
- ☐ 4 tablespoons butter melted
- ☐ 1 eggs lightly beaten
- ☐ 3 eggs
- ☐ 1 sprig parsley fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 7 ounces sausage italian chopped
- ☐ 1 leek chopped
- ☐ 1 tablespoon olive oil

- ☐ 0.7 cup parmesan cheese grated
- ☐ 1 cup parmesan cheese generous grated
- ☐ 1 pound potatoes diced
- ☐ 4 servings salt and pepper
- ☐ 14 ounces swiss chard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen towels

Directions

- ☐ Make the pasta dough. Sift the flour into a mound on a counter and make a well in the center. Break the eggs into the well and add the oil and a pinch of salt. Knead to a soft dough, shape into a ball, cover with a clean dish towel, and let rest for 30 minutes.
- ☐ Meanwhile, make the filling. Cook the potatoes in lightly salted boiling water for 15–20 minutes until tender.
- ☐ Drain and mash. Cook the chard leaves in just enough boiling water to cover for 5–10 minutes until tender.
- ☐ Drain, squeeze out the excess liquid, and chop. Melt the butter in a pan.
- ☐ Add the garlic and parsley and cook over low heat, stirring frequently for a few minutes.
- ☐ Add the leek and sausage and cook, stirring occasionally, for 10 minutes.
- ☐ Remove the pan from the heat and let cool.
- ☐ Combine the sausage mixture, mashed potatoes, chard, bread crumbs, Parmesan, and egg in a bowl and season to taste with salt and pepper.
- ☐ Roll out the dough on a lightly floured counter into a thin sheet.
- ☐ Cut out rectangles about 3 1/4 x 6 1/4 inches. Put a mound of filling on each one, roll the dough up, and press the edges well to seal, then gently bend into a horseshoe shape. Cook the casônsèi in plenty of salted boiling water for 5 minutes until al dente.
- ☐ Drain, transfer to a warmed serving dish, pour the melted butter over them, and sprinkle with Parmesan.

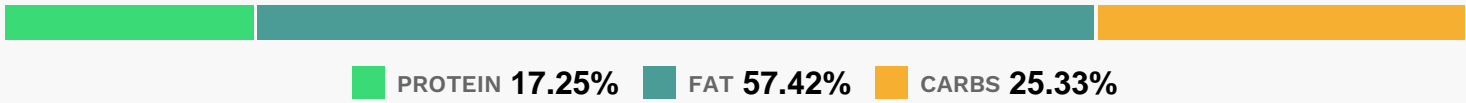
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Serve immediately.

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Nutrition Facts



Properties

Glycemic Index:71.94, Glycemic Load:16.23, Inflammation Score:-10, Nutrition Score:39.582174135291%

Flavonoids

Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 742.25kcal (37.11%), Fat: 47.69g (73.38%), Saturated Fat: 21.42g (133.87%), Carbohydrates: 47.34g (15.78%), Net Carbohydrates: 41.92g (15.24%), Sugar: 4.31g (4.79%), Cholesterol: 267.73mg (89.24%), Sodium: 1809.29mg (78.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.47%), Vitamin K: 845.54µg (805.28%), Vitamin A: 7410.68IU (148.21%), Vitamin C: 56.34mg (68.29%), Selenium: 47.2µg (67.43%), Phosphorus: 577.87mg (57.79%), Calcium: 521.52mg (52.15%), Manganese: 0.92mg (45.99%), Vitamin B1: 0.65mg (43.51%), Vitamin B6: 0.78mg (38.82%), Vitamin B2: 0.65mg (38.11%), Magnesium: 148.8mg (37.2%), Potassium: 1203.93mg (34.4%), Iron: 5.71mg (31.73%), Zinc: 4.29mg (28.6%), Vitamin B12: 1.5µg (25%), Vitamin E: 3.61mg (24.09%), Folate: 95.91µg (23.98%), Vitamin B3: 4.72mg (23.58%), Copper: 0.47mg (23.46%), Fiber: 5.42g (21.67%), Vitamin B5: 1.73mg (17.33%), Vitamin D: 1.09µg (7.26%)