



Cavatelli with Sardinian Meat Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



897 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups canned tomatoes thick canned crushed one 28-ounce can
- ☐ 1 pound cavatelli pasta frozen
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.8 pound sausage italian hot
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 3 tablespoons pecorino cheese grated plus more for serving

- ☐ 1.3 teaspoons salt
- ☐ 0.3 cup water

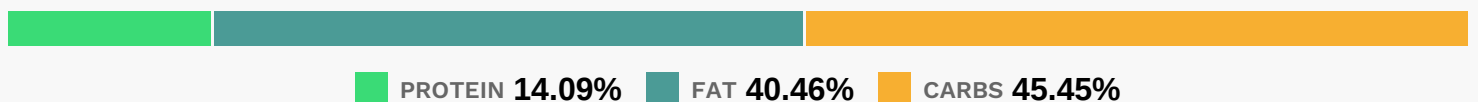
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large deep frying pan or Dutch oven, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the sausage and cook, breaking up the meat with a fork, until it is no longer pink, about 5 minutes.
- ☐ Reduce the heat to moderately low and add the remaining 2 tablespoons oil to the pan. Stir in the onion and garlic. Cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- ☐ Add the tomatoes, mint, parsley, water, salt, and 1 pinch of the saffron. Simmer until thickened, about 15 minutes.
- ☐ Meanwhile, in a large pot of boiling salted water, cook the cavatelli with the remaining pinch saffron until just done, 10 to 15 minutes. Reserve 1/2 cup of the pasta water.
- ☐ Drain the cavatelli and toss with the meat sauce, the basil, the reserved pasta water, and the cheese.
- ☐ Serve with additional Pecorino Romano.
- ☐ Sausage Substitutes: If you can't find hot Italian sausage, use ground pork or mild sausage and a quarter teaspoon of dried red-pepper flakes.
- ☐ Wine Recommendation: Red wines from Sardinia are almost impossible to find in the U.S., but a sturdy Cir, made across the water in Calabria from the gaglioppo grapes, will be a fine substitute.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:38.78, Inflammation Score:-8, Nutrition Score:34.206956526508%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 896.89kcal (44.84%), Fat: 40.46g (62.25%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 102.26g (34.09%), Net Carbohydrates: 94.48g (34.36%), Sugar: 12.28g (13.64%), Cholesterol: 68.54mg (22.85%), Sodium: 1645.09mg (71.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.43%), Selenium: 94.86µg (135.52%), Vitamin K: 104.51µg (99.53%), Manganese: 1.52mg (76.11%), Vitamin B1: 0.74mg (49.64%), Phosphorus: 436.83mg (43.68%), Copper: 0.76mg (38.13%), Vitamin B6: 0.76mg (37.97%), Vitamin B3: 7.04mg (35.2%), Vitamin C: 28.06mg (34.01%), Fiber: 7.78g (31.12%), Potassium: 1084.62mg (30.99%), Iron: 5.38mg (29.91%), Magnesium: 116.78mg (29.2%), Vitamin E: 3.97mg (26.47%), Zinc: 3.85mg (25.67%), Vitamin B2: 0.34mg (19.71%), Vitamin A: 906.87IU (18.14%), Folate: 64.99µg (16.25%), Calcium: 161.68mg (16.17%), Vitamin B5: 1.51mg (15.13%), Vitamin B12: 0.82µg (13.6%)