



Christmas Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



1368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon allspice (a couple of pinches)
- 1 cup beef stock canned prepared
- 0.5 pound bulk sausage italian hot
- 64 ounce tomatoes chunky style crushed canned
- 1 medium carrots peeled finely chopped
- 1 rib celery chopped
- 4 servings coarse salt and pepper black
- 4 servings top fresh for mopping
- 1 cup cooking wine dry red

- 1 Handful flat-leaf parsley chopped
- 4 cloves garlic crushed
- 1 pound combined ground beef
- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 0.3 pound pancetta thick cut italian chopped (cured pork, ask at deli counter)
- 4 servings pecorino cheese grated
- 2 pounds penne rigate cooked

Equipment

- bowl
- frying pan
- paper towels
- ladle
- pot
- stove

Directions

- Watch how to make this recipe.
- Heat a deep pot over medium-high heat.
- Add pancetta and brown to render the fat.
- Transfer pancetta to paper towels to drain. To the pan add the oil, and the meats and brown and crumble them for 5 minutes. Stir in garlic, and pancetta bits.
- Chop carrot, celery, and onions near the stove and add to the pot as you work. Cook vegetables with meat 5 minutes and add wine. Cook for 1 minute; add stock and tomatoes to the pot.
- Stir in parsley, allspice, or cinnamon and season sauce with salt and pepper, to taste. Bring sauce to a boil, reduce heat to medium low, and cook 10 to 15 minutes, minimum, before serving. Reheated sauce only improves.

Toss pasta (cook off only as much pasta as you need at the time: half a pound for every 3 people) with a couple of ladles of sauce to coat, then top bowl with extra sauce. Top pasta with lots of cheese and pass bread at the table.

Nutrition Facts

PROTEIN 18.92% **FAT 47.28%** **CARBS 33.8%**

Properties

Glycemic Index:101.21, Glycemic Load:43.45, Inflammation Score:-10, Nutrition Score:56.309564911801%

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: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 1368.03kcal (68.4%), Fat: 70.35g (108.23%), Saturated Fat: 25.6g (159.97%), Carbohydrates: 113.15g (37.72%), Net Carbohydrates: 99.25g (36.09%), Sugar: 23.88g (26.53%), Cholesterol: 173.51mg (57.84%), Sodium: 1978.67mg (86.03%), Alcohol: 6.3g (100%), Alcohol %: 0.73% (100%), Protein: 63.33g (126.67%), Selenium: 105.34µg (150.49%), Manganese: 1.74mg (87.12%), Phosphorus: 845.87mg (84.59%), Vitamin B6: 1.56mg (78.13%), Vitamin A: 3788.51IU (75.77%), Vitamin B3: 15.07mg (75.36%), Iron: 12.5mg (69.46%), Zinc: 9.5mg (63.34%), Potassium: 2206.48mg (63.04%), Copper: 1.26mg (62.81%), Vitamin B1: 0.9mg (60.29%), Vitamin C: 48.42mg (58.7%), Vitamin B12: 3.42µg (57.01%), Fiber: 13.9g (55.6%), Calcium: 549.84mg (54.98%), Vitamin E: 7.62mg (50.81%), Vitamin K: 52.53µg (50.03%), Magnesium: 186.08mg (46.52%), Vitamin B2: 0.76mg (44.91%), Vitamin B5: 2.78mg (27.83%), Folate: 105.22µg (26.31%), Vitamin D: 0.38µg (2.51%)