



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 leaves chopped
- 1 bay leaf fresh
- 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
- ladle
- pot
- stove

Directions

- Watch how to make this recipe.
- Heat a deep pot over medium high heat.
- Add oil, garlic, bay, and pancetta bits and brown for 1 minute.
- Add meats and brown and crumble them for 5 minutes.
- 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:56.324782485547%

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: 1368.1kcal (68.41%), Fat: 70.35g (108.23%), Saturated Fat: 25.6g (159.98%), Carbohydrates: 113.17g (37.72%), Net Carbohydrates: 99.26g (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: 63.34g (126.67%), Selenium: 105.35µg (150.49%), Manganese: 1.74mg (87.23%), Phosphorus: 845.9mg (84.59%), Vitamin B6: 1.56mg (78.16%), Vitamin A: 3790.06IU (75.8%), Vitamin B3: 15.07mg (75.36%), Iron: 12.51mg (69.52%), Zinc: 9.5mg (63.35%), Potassium: 2206.61mg (63.05%), Copper: 1.26mg (62.82%), Vitamin B1: 0.9mg (60.29%), Vitamin C: 48.44mg (58.71%), Vitamin B12: 3.42µg (57.01%), Fiber: 13.91g (55.63%), Calcium: 550.04mg (55%), Vitamin E: 7.62mg (50.81%), Vitamin K: 52.53µg (50.03%), Magnesium: 186.11mg (46.53%), Vitamin B2: 0.76mg (44.92%), Vitamin B5: 2.78mg (27.83%), Folate: 105.27µg (26.32%), Vitamin D: 0.38µg (2.51%)