



Egg Pasta with Lamb Sauce: Tagliolini Col Sugo di Agnello

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch basil leaves finely chopped
- ☐ 12 ounce canned tomatoes crushed canned
- ☐ 1 carrots finely chopped
- ☐ 1 cup cooking wine dry white
- ☐ 0.8 pound egg tagliolini fresh
- ☐ 1.5 pounds lamb shoulder cut into small chunks
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 onion finely chopped
- ☐ 0.3 pound pancetta diced finely
- ☐ 4 servings salt and pepper

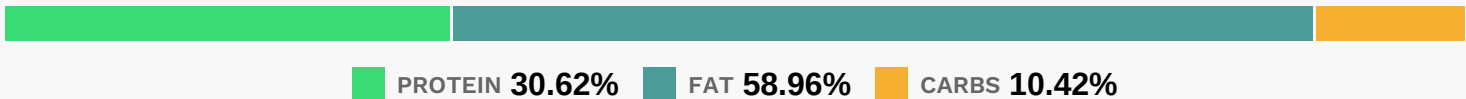
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large, fairly deep skillet, heat the olive oil over high heat until almost smoking.
- ☐ Add the onion, carrot, basil and pancetta and cook over medium-high heat until the pancetta fat has been completely rendered. Season the lamb with salt and pepper and add it to the pan, cooking until it is browned.
- ☐ Add the wine, let it cook 5 minutes, then add the tomatoes and 4 cups boiling water. Season with salt and pepper and cook, covered, until the meat is tender. With a slotted spoon, remove the meat and keep it warm, then add the fresh pasta to the sauce and cook until al dente. When the pasta is cooked, return the meat to the pan, stir gently over heat for a few minutes and divide evenly among 4 warmed pasta bowls to serve.

Nutrition Facts



Properties

Glycemic Index:49.21, Glycemic Load:3.04, Inflammation Score:-9, Nutrition Score:29.565651893616%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol:

0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 537.3kcal (26.86%), Fat: 32.23g (49.58%), Saturated Fat: 9.44g (59.01%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 10.28g (3.74%), Sugar: 6.53g (7.25%), Cholesterol: 403.67mg (134.56%), Sodium: 703.28mg (30.58%), Alcohol: 6.18g (100%), Alcohol %: 1.87% (100%), Protein: 37.66g (75.32%), Selenium: 56.86µg (81.23%), Vitamin A: 3306.32IU (66.13%), Vitamin B12: 3.76µg (62.66%), Phosphorus: 460.99mg (46.1%), Vitamin B3: 8.94mg (44.69%), Vitamin B2: 0.73mg (42.89%), Zinc: 6.28mg (41.87%), Vitamin B6: 0.6mg (29.77%), Iron: 4.94mg (27.47%), Vitamin B5: 2.58mg (25.76%), Potassium: 867.8mg (24.79%), Vitamin E: 3.44mg (22.96%), Vitamin B1: 0.33mg (22.07%), Folate: 86.83µg (21.71%), Copper: 0.38mg (19.05%), Vitamin K: 19.64µg (18.7%), Manganese: 0.36mg (17.96%), Magnesium: 69.27mg (17.32%), Vitamin C: 11.12mg (13.48%), Vitamin D: 1.81µg (12.1%), Calcium: 111.31mg (11.13%), Fiber: 2.54g (10.17%)