



WHATSheATE



Fake Tripe in Tomato Sauce: Trippa Finta al Pomodoro



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



492 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons butter cut into 4 equal pieces
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 a chipotle pepper pureed
- ☐ 8 eggs
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped

- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 1 onion spanish chopped
- ☐ 1 tablespoons oregano fresh
- ☐ 0.5 cup pecorino freshly grated
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large bowl, whisk the eggs, season with salt and pepper and add the oregano. In a nonstick pan, cook 1 tablespoon of the butter until it foams and subsides.
- ☐ Pour 1/4 of the egg mixture into the pan and cook until it has solidified and is easily slid from the pan, about 2 minutes. Repeat this procedure 3 times with the remaining butter and egg mixture, setting each omelet aside to cool.
- ☐ When the omelets are cool, cut each into 1/4-inch thick strips.
- ☐ In a medium, heavy-bottomed saucepan, combine the tomato sauce and the chilis and bring to a boil, then reduce heat to a simmer.
- ☐ Add the egg strips and simmer for 10 minutes. Top with the grated Pecorino and serve.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic, and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot, and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



 **PROTEIN 15.18%**  **FAT 65.97%**  **CARBS 18.85%**

Properties

Glycemic Index:57.71, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:28.662608644237%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 491.5kcal (24.57%), Fat: 37.35g (57.46%), Saturated Fat: 14.1g (88.11%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 17.79g (6.47%), Sugar: 11.84g (13.16%), Cholesterol: 370.46mg (123.49%), Sodium: 1328.8mg (57.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.67%), Vitamin C: 48.77mg (59.11%), Vitamin A: 2886.64IU (57.73%), Selenium: 29.99µg (42.85%), Vitamin B2: 0.72mg (42.23%), Vitamin E: 6.21mg (41.38%), Iron: 7.08mg (39.31%), Phosphorus: 370.66mg (37.07%), Calcium: 364.55mg (36.45%), Vitamin B6: 0.71mg (35.66%), Manganese: 0.58mg (29.15%), Potassium: 1006.23mg (28.75%), Vitamin K: 30.09µg (28.66%), Fiber: 6.23g (24.92%), Folate: 86.5µg (21.62%), Copper: 0.4mg (20.07%), Vitamin B5: 1.99mg (19.91%), Magnesium: 75.82mg (18.96%), Vitamin B1: 0.25mg (16.5%), Vitamin B3: 3.19mg (15.94%), Vitamin B12: 0.95µg (15.78%), Zinc: 2.26mg (15.04%), Vitamin D: 1.82µg (12.15%)