



Garganelli with Gizzards: Gargati coi Durei

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 pound chicken gizzards
- ☐ 1 pound egg pasta fresh
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup red wine
- ☐ 1 sage leaf fresh
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 scallions thinly sliced
- ☐ 2 teaspoons tomato paste
- ☐ 1 cup vegetable stock

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon

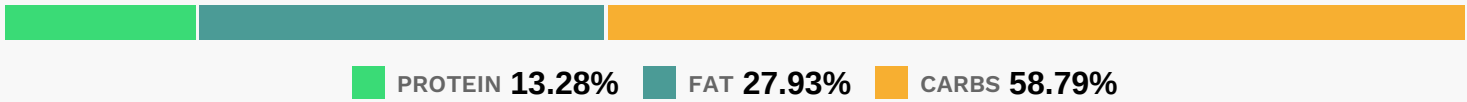
Directions

- ☐ Slice the gizzards thinly, about 1/4-inch thick, and rinse thoroughly in cold water. Pat dry.
- ☐ In a heavy-bottomed saucepan with a lid, heat 1 tablespoon olive oil until hot but not smoking.
- ☐ Add the scallions and, using a wooden spoon, push the scallions through the oil and around the bottom of the pan to infuse the scallion flavor through the oil.
- ☐ Add the chicken gizzards, and cook, turning occasionally, until golden brown on all sides, about 5 to 7 minutes.
- ☐ Add the red wine and continue cooking until the wine reduces by half.
- ☐ Add the rosemary, sage and bay leaf. Cover the pan and let simmer gently, about 5 minutes.
- ☐ In the meantime, bring 6 quarts water to a rolling boil in a pasta pot.
- ☐ Add 2 tablespoons of salt.
- ☐ Remove the lid from the saucepan and begin adding the vegetable stock bit by bit so that the pan is never dry, until all the stock is used.
- ☐ Add the tomato paste, season with salt and pepper, and let simmer 5 minutes more.
- ☐ Remove from the heat.
- ☐ Drop the fresh pasta into the pasta pot and cook until al dente.
- ☐ Drain the pasta and pour into a bowl large enough to hold all the pasta and the sauce.
- ☐ Drizzle the remaining 2 tablespoons olive oil over the pasta and toss so that the noodles are slightly coated.

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Add the gizzard ragu, being certain to remove the bay and sage leaves, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:34.67, Inflammation Score:-6, Nutrition Score:18.01782605959%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 591.34kcal (29.57%), Fat: 17.64g (27.15%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 83.55g (27.85%), Net Carbohydrates: 79.43g (28.88%), Sugar: 3.32g (3.69%), Cholesterol: 105.46mg (35.15%), Sodium: 294.57mg (12.81%), Alcohol: 3.18g (100%), Alcohol %: 1.71% (100%), Protein: 18.88g (37.76%), Selenium: 91.58µg (130.83%), Manganese: 1.05mg (52.55%), Phosphorus: 305.42mg (30.54%), Copper: 0.4mg (19.81%), Vitamin K: 20.14µg (19.18%), Magnesium: 75.23mg (18.81%), Vitamin B3: 3.5mg (17.52%), Fiber: 4.12g (16.5%), Zinc: 2.45mg (16.31%), Vitamin B6: 0.32mg (16.11%), Iron: 2.71mg (15.04%), Vitamin E: 2.14mg (14.24%), Vitamin B1: 0.21mg (13.86%), Vitamin B5: 1.18mg (11.81%), Potassium: 392.44mg (11.21%), Folate: 38.81µg (9.7%), Vitamin B2: 0.14mg (8.13%), Vitamin A: 337.38IU (6.75%), Vitamin B12: 0.37µg (6.18%), Calcium: 51.39mg (5.14%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.37µg (2.45%)