



Genovese Red Sauce

READY IN



215 min.

SERVINGS



4

CALORIES



1099 kcal

SAUCE

Ingredients

- ☐ 1 cups chicken stock see
- ☐ 1.5 cups cooking wine dry white
- ☐ 1 pound egg tagliatelle such as delverde brand
- ☐ 3 tablespoons evoo
- ☐ 1 large bay leaf fresh
- ☐ 3 cloves garlic finely chopped
- ☐ 4 servings grana padano cheese freshly grated
- ☐ 1.3 pounds ground veal
- ☐ 4 ounce pancetta chunk

- ☐ 4 ounces mild ham fine
- ☐ 1.5 cups milk
- ☐ 9 servings grates of nutmeg fresh
- ☐ 1 medium onion finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup tomato paste

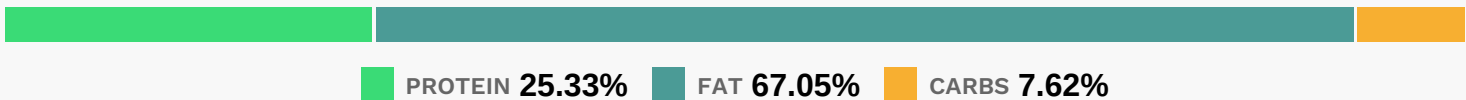
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat the EVOO in a Dutch oven over medium heat.
- ☐ Add the pancetta and render until it begins to crisp, then add the ham and stir a minute or 2 more.
- ☐ Add the veal and break it up into fine crumbles, until lightly brown. Then add the garlic, bay leaf and onions, and season with salt and pepper and a little nutmeg.
- ☐ Let the onions cook, partially covered, for a few minutes, then stir in the tomato paste until fragrant.
- ☐ Add the wine and heat. Then add the milk, reduce the heat to low and simmer gently 3 hours.
- ☐ Add a little stock or water whenever the sauce gets too thick, up to 2 cups over the course of the cooking time. Cool and refrigerate or freeze for make-ahead meal.
- ☐ To serve, boil the pasta in salted water to al dente; reserve 1 cup starchy cooking water just before draining.
- ☐ Add to the sauce, toss with the pasta and some cheese and serve in shallow bowls.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:5.01, Inflammation Score:-8, Nutrition Score:38.202173564745%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 1099.45kcal (54.97%), Fat: 76.55g (117.76%), Saturated Fat: 28.84g (180.24%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 17.43g (6.34%), Sugar: 11.34g (12.6%), Cholesterol: 620.34mg (206.78%), Sodium: 1445.4mg (62.84%), Alcohol: 9.27g (100%), Alcohol %: 1.82% (100%), Protein: 65.06g (130.12%), Phosphorus: 920.89mg (92.09%), Selenium: 63.29µg (90.42%), Vitamin B2: 1.25mg (73.65%), Vitamin B3: 13.69mg (68.45%), Vitamin B12: 3.9µg (65.08%), Calcium: 589.16mg (58.92%), Vitamin B6: 1.12mg (55.91%), Zinc: 7.8mg (52.01%), Vitamin B5: 4.34mg (43.42%), Potassium: 1183.41mg (33.81%), Vitamin E: 4.04mg (26.9%), Magnesium: 105.24mg (26.31%), Iron: 4.69mg (26.07%), Vitamin A: 1264.32IU (25.29%), Vitamin B1: 0.37mg (24.54%), Vitamin D: 3.54µg (23.59%), Manganese: 0.46mg (22.87%), Folate: 88.46µg (22.12%), Copper: 0.42mg (20.97%), Vitamin K: 10.1µg (9.62%), Fiber: 2.15g (8.62%), Vitamin C: 6.59mg (7.99%)