



Homemade Pasta from Reiti

READY IN



85 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings bell pepper black to taste
- ☐ 8 ribs celery finely chopped
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 2 large onions finely chopped
- ☐ 2 ounces pancetta finely chopped
- ☐ 4 servings pecorino cheese for grating
- ☐ 1 pinch chile flakes red
- ☐ 1 pinch salt plus more to taste
- ☐ 0.8 pound tomatoes red ripe coarsely chopped

☐ 0.5 pound hard-wheat flour

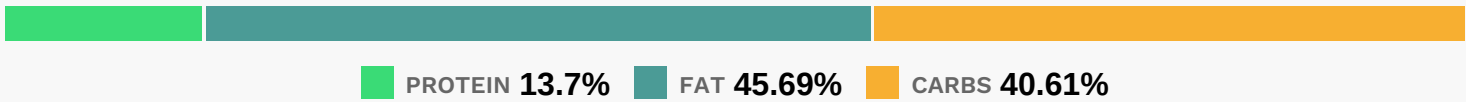
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the flour in the center of a clean work surface and make a well in the center.
- ☐ Add 1/2 cup water and a pinch of salt, blend in the water and knead to form a firm dough.
- ☐ Let rest for 30 minutes.
- ☐ Meanwhile, in a 12 to 14-inch saute pan, heat the olive oil over high heat until almost smoking and add the celery, onion and pancetta and cook over high heat until browned.
- ☐ Add the tomatoes, chili flakes and salt and pepper, to taste and cook over medium heat for 20 minutes.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ Roll the rested dough out to the second-thinnest setting on a pasta rolling machine, and cut the sheet into irregular lozenge shapes of about 3/4-inch length. Cook the pasta in the boiling water until it floats to the surface, then drain and toss with the hot sauce over heat for 1 minute to coat. Divide evenly among 4 warmed pasta bowls and top with freshly grated Pecorino Romano.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:34.38, Inflammation Score:-9, Nutrition Score:22.190869305445%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Nutrients (% of daily need)

Calories: 562.18kcal (28.11%), Fat: 28.65g (44.08%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 52.16g (18.97%), Sugar: 6.86g (7.63%), Cholesterol: 40.56mg (13.52%), Sodium: 536.62mg (23.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.65%), Folate: 161.69µg (40.42%), Selenium: 27.13µg (38.75%), Calcium: 386.84mg (38.68%), Vitamin B1: 0.58mg (38.55%), Vitamin K: 39.91µg (38.01%), Phosphorus: 371.24mg (37.12%), Manganese: 0.68mg (34.18%), Vitamin B2: 0.49mg (28.53%), Vitamin A: 1206.86IU (24.14%), Vitamin B3: 4.79mg (23.96%), Vitamin C: 19.68mg (23.86%), Fiber: 5.14g (20.56%), Iron: 3.56mg (19.78%), Vitamin E: 2.88mg (19.21%), Potassium: 635.56mg (18.16%), Vitamin B6: 0.31mg (15.31%), Magnesium: 52.34mg (13.08%), Zinc: 1.72mg (11.44%), Copper: 0.21mg (10.28%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.21µg (1.38%)