



How to Make Roman-Style Tripe

 Gluten Free

READY IN



175 min.

SERVINGS



6

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces pancetta bacon diced
- ☐ 1 bay leaf
- ☐ 2.5 pounds honeycomb beef tripe
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 bunch mint leaves fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 3 cups tomatoes

- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated to taste
- ☐ 1 teaspoon pepper flakes red
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon vanilla extract
- ☐ 5 quarts water cold
- ☐ 0.5 cup vinegar white

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine water, tripe, vinegar, salt, vanilla, and bay leaf in a large stockpot over high heat. Bring to a boil and skim off any foam that accumulates. Reduce heat to medium-low, cover pot, and simmer for 1 1/2 hours.
- ☐ Transfer tripe to a plate and set aside to cool. Reserve 1 to 2 cups of the cooking liquid.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add pancetta and onion; cook and stir until pancetta is browned and onion is translucent, 6 to 7 minutes. Stir garlic into pancetta mixture; cook and stir until aromatic, about 2 minutes.
- ☐ Stir marinara sauce, 1 cup reserved tripe liquid, and red pepper flakes into the pancetta mixture. Reduce heat to low and simmer for 30 minutes.
- ☐ Cut tripe into 1-inch cubes and add to marinara-pancetta sauce; stir to combine. If needed, add 1 cup of the reserved tripe liquid. Simmer for 30 minutes.
- ☐ Mix garbanzo beans and mint into the sauce. Season with salt and black pepper to taste.
- ☐ Sprinkle with Parmigiano-Reggiano cheese and serve.

Nutrition Facts



 **PROTEIN 23.85%**  **FAT 64.97%**  **CARBS 11.18%**

Properties

Glycemic Index:41.89, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:28.545652280683%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 706.85kcal (35.34%), Fat: 50.55g (77.77%), Saturated Fat: 18.24g (113.98%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 14.05g (5.11%), Sugar: 5.32g (5.91%), Cholesterol: 149.49mg (49.83%), Sodium: 1918.24mg (83.4%), Alcohol: 0.23g (100%), Alcohol %: 0.02% (100%), Protein: 41.76g (83.51%), Vitamin B12: 4.19µg (69.82%), Zinc: 9.17mg (61.13%), Vitamin B6: 1.19mg (59.38%), Selenium: 35.94µg (51.34%), Vitamin B3: 10.16mg (50.82%), Phosphorus: 456.98mg (45.7%), Manganese: 0.85mg (42.46%), Iron: 6.05mg (33.61%), Potassium: 1069.53mg (30.56%), Copper: 0.53mg (26.27%), Vitamin B2: 0.41mg (24.3%), Fiber: 5.53g (22.12%), Magnesium: 85.74mg (21.44%), Vitamin E: 3.1mg (20.66%), Vitamin B5: 1.71mg (17.1%), Calcium: 164.71mg (16.47%), Vitamin A: 709.96IU (14.2%), Vitamin B1: 0.2mg (13.54%), Vitamin C: 11.16mg (13.53%), Folate: 46.74µg (11.68%), Vitamin K: 8.95µg (8.52%), Vitamin D: 0.29µg (1.9%)