



Maltagliate with Borlotti, Shallots and Arugula

READY IN



75 min.

SERVINGS



4

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches arugula dry washed and spun and chopped to yield 1 cup
- ☐ 1 cup cooking wine dry red
- ☐ 4 extra large eggs
- ☐ 6 tablespoons olive oil extra virgin
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 cup parmesan freshly grated
- ☐ 1 cup pinto beans cooked drained
- ☐ 10 shallots peeled thinly sliced
- ☐ 3.5 cups unbleached flour plus all-purpose

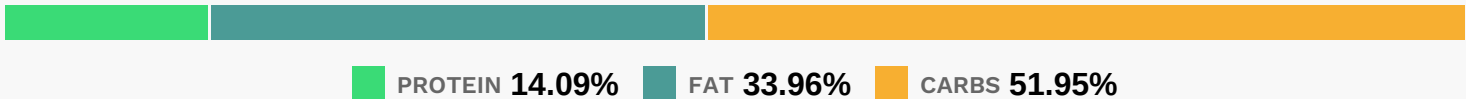
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Cut pasta into funny shapes and set aside.
- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ In a 12 to 14inch saute pan, heat olive oil and shallots over medium heat and cook until shallots are soft, about 8 to 10 minutes.
- ☐ Add beans and red wine and reduce liquid by half.
- ☐ Add Parmesan and remove from heat. Drop pasta into boiling water and cook until tender, about 3 to 4 minutes.
- ☐ Drain and toss into pan with beans. Return to heat and toss to coat. At last minute, add arugula, toss 20 seconds, pour into serving bowl and serve.
- ☐ Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs, oil and any other flavoring you choose. Using a fork, beat together the eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well. As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when 1/2 of the flour is incorporated.
- ☐ Start kneading the dough with both hands, using the palms of your hands primarily. Once you have a cohesive mass, remove the dough from the board and scrape up any left over crusty bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:65.14, Inflammation Score:-10, Nutrition Score:37.9782610354222%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.72mg, Kaempferol: 19.72mg, Kaempferol: 19.72mg, Kaempferol: 19.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 887.32kcal (44.37%), Fat: 31.84g (48.98%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 109.6g (36.53%), Net Carbohydrates: 99.9g (36.33%), Sugar: 6.82g (7.58%), Cholesterol: 216.82mg (72.27%), Sodium: 305.57mg (13.29%), Alcohol: 6.3g (100%), Alcohol %: 1.9% (100%), Protein: 29.74g (59.47%), Folate: 376.94µg (94.23%), Selenium: 60.65µg (86.65%), Vitamin K: 77.23µg (73.56%), Vitamin B1: 1.03mg (68.72%), Manganese: 1.32mg (66.08%), Vitamin B2: 0.93mg (54.43%), Iron: 8.75mg (48.59%), Phosphorus: 445.48mg (44.55%), Fiber: 9.7g (38.82%), Vitamin A: 1743.27IU (34.87%), Vitamin B3: 6.97mg (34.83%), Calcium: 329.17mg (32.92%), Vitamin E: 4.45mg (29.65%), Vitamin B6: 0.51mg (25.47%), Magnesium: 97.34mg (24.33%), Potassium: 809.65mg (23.13%), Copper: 0.39mg (19.67%), Vitamin B5: 1.91mg (19.12%), Zinc: 2.77mg (18.44%), Vitamin C: 13.82mg (16.75%), Vitamin B12: 0.65µg (10.81%), Vitamin D: 1.18µg (7.88%)