

food
network



HEALTH SCORE

70%

Neapolitan Meat Ragu



Very Healthy

READY IN

**120 min.**

SERVINGS

**6**

CALORIES

**1228 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups day old bread cut into 1-inch cubes
- ☐ 5 chicken thighs
- ☐ 3 eggs beaten
- ☐ 5 tablespoons flat parsley chopped
- ☐ 1 bunch flat-leaf parsley finely chopped
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 0.8 pounds ground pork
- ☐ 0.8 pounds ground veal

- ☐ 25 inch sausage sweet italian
- ☐ 1 cup milk
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 5 tablespoons orange zest grated
- ☐ 5 tablespoons pecorino grated
- ☐ 5 pieces pork ribs
- ☐ 30 ounce boston butt pork shoulder
- ☐ 1 large onion red
- ☐ 1 cup red wine
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 56 ounce by hand whole crushed peeled canned

Equipment

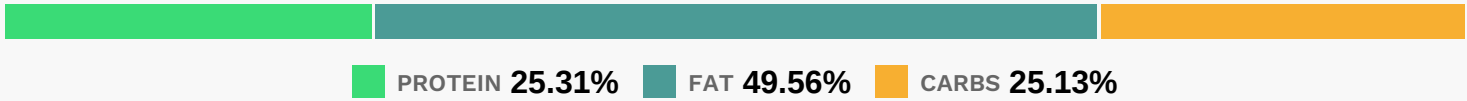
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Special equipment: Butcher's twine or heavy duty kitchen string
- ☐ In a heavy-bottomed 8-quart Dutch oven, heat the olive oil over medium heat until just smoking.
- ☐ Season each piece of meat with salt and pepper. Brown all sides of each rib, remove, and set aside on a plate. Repeat browning process with chicken thighs, sausages, braciolo, and meatballs.
- ☐ When the meat is browned, remove and deglaze with red wine.

- ☐ Add tomato sauce and bring to a boil. Return ribs, thighs, sausage, braciolo, and meatballs to the pot, return to boil, and lower to high simmer. Cover with the lid and simmer for 45 minutes.
- ☐ Remove meats to a serving platter and keep warm.
- ☐ Serve sauce with paccheri pasta as a separate course.
- ☐ Season each piece of pork on one side with salt and pepper. In a small bowl, combine the orange zest, pecorino, and parsley. Spoon 2 tablespoons of mixture onto center of seasoned side of one piece of pork. Starting at one end, carefully roll the pork to form a very thick cigar. Wind a long piece of string around the roll many times and secure with a knot. Repeat with the remaining 4 pieces of pork.
- ☐ In a shallow bowl, soak the bread cubes in the milk for a few minutes. Using your hands, break apart the bread into small pieces.
- ☐ In a large bowl, combine the veal, pork, eggs, bread and milk, parsley, salt, and pepper.
- ☐ In a large, heavy-bottomed skillet, heat the oil over medium heat until almost smoking.
- ☐ Add the meatballs and, working in batches if necessary to avoid overcrowding the pan, cook until deep golden brown on all sides, about 10 minutes.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and cook until soft and light golden brown, 8 to 10 minutes.
- ☐ Add the thyme, tomatoes, and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:54.61, Glycemic Load:34.35, Inflammation Score:-10, Nutrition Score:61.793913488803%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg

Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 27.72mg, Apigenin: 27.72mg, Apigenin: 27.72mg, Apigenin: 27.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1227.96kcal (61.4%), Fat: 65.86g (101.33%), Saturated Fat: 18.72g (117.02%), Carbohydrates: 75.16g (25.05%), Net Carbohydrates: 65.22g (23.72%), Sugar: 16.97g (18.86%), Cholesterol: 337.3mg (112.43%), Sodium: 1168.82mg (50.82%), Alcohol: 4.24g (100%), Alcohol %: 0.63% (100%), Protein: 75.67g (151.34%), Vitamin K: 282.54µg (269.08%), Selenium: 107µg (152.85%), Vitamin B1: 2.01mg (134.15%), Vitamin B3: 23.83mg (119.18%), Manganese: 2.04mg (102.06%), Phosphorus: 913.56mg (91.36%), Vitamin B6: 1.65mg (82.66%), Vitamin C: 64.01mg (77.59%), Vitamin B2: 1.26mg (74.41%), Vitamin A: 3670.82IU (73.42%), Iron: 11.8mg (65.54%), Zinc: 9.69mg (64.57%), Potassium: 1923.89mg (54.97%), Vitamin B12: 3.05µg (50.79%), Folate: 199.46µg (49.86%), Vitamin B5: 4.67mg (46.72%), Magnesium: 167.61mg (41.9%), Fiber: 9.94g (39.75%), Calcium: 390.79mg (39.08%), Copper: 0.63mg (31.55%), Vitamin E: 4.54mg (30.28%), Vitamin D: 1.02µg (6.81%)