

Pancetta Reduction

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



242 kcal

SAUCE

Ingredients

- ☐ 8 ounces pancetta bacon diced
- ☐ 1 teaspoon curry powder
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon ground turmeric
- ☐ 1 teaspoon herbs de provence
- ☐ 2 teaspoons oregano dried
- ☐ 1 pinch salt

- ☐ 1 small onion diced sweet
- ☐ 3 ounce tomato paste canned
- ☐ 0.3 cup butter unsalted divided kerrygold®
- ☐ 2 cups merlot wine

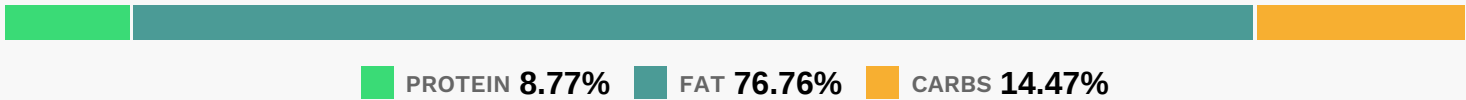
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Melt 1 tablespoon butter in a skillet over medium heat. Cook and stir pancetta in melted butter until crisp, 7 to 10 minutes.
- ☐ Remove pancetta with a slotted spoon to a plate lined with paper towel to drain.
- ☐ Stir onion and garlic into the pancetta drippings in the skillet; season with salt. Cook and stir until onion is tender, about 5 minutes. Stir tomato paste with the onion mixture until smooth; season with oregano, turmeric, curry powder, herbes de Provence, and black pepper.
- ☐ Pour Merlot wine over the mixture and stir; bring to a full simmer and cook, stirring frequently, until the volume of the liquid is reduced by half, about 10 minutes. Melt remaining butter into the sauce; stir.
- ☐ Pour the reduced mixture into a blender; add the reserved pancetta and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.65, Inflammation Score:-9, Nutrition Score:5.2669565263002%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 241.75kcal (12.09%), Fat: 17.17g (26.42%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.22g (2.26%), Sugar: 3.08g (3.42%), Cholesterol: 33.96mg (11.32%), Sodium: 214.37mg (9.32%), Alcohol: 6.24g (100%), Alcohol %: 5.26% (100%), Protein: 4.41g (8.83%), Manganese: 0.25mg (12.54%), Vitamin B6: 0.21mg (10.52%), Selenium: 6.47µg (9.24%), Vitamin B1: 0.11mg (7.49%), Vitamin B3: 1.49mg (7.46%), Phosphorus: 74.32mg (7.43%), Vitamin K: 7.15µg (6.81%), Potassium: 224.45mg (6.41%), Iron: 1.15mg (6.4%), Magnesium: 19.54mg (4.88%), Vitamin A: 228.26IU (4.57%), Vitamin C: 3.6mg (4.36%), Fiber: 1.06g (4.25%), Vitamin E: 0.59mg (3.97%), Copper: 0.08mg (3.77%), Zinc: 0.56mg (3.76%), Calcium: 35.63mg (3.56%), Vitamin B2: 0.06mg (3.5%), Folate: 13.81µg (3.45%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.22µg (1.47%)