



HEALTH SCORE

54%

Pappardelle al Cinghiale



Dairy Free

READY IN



85 min.

SERVINGS



2

CALORIES



1306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 grams boar meat wild minced
- ☐ 1 stalk celery chopped
- ☐ 4 eggs
- ☐ 400 grams flour
- ☐ 2 servings nutmeg freshly grated
- ☐ 2 servings olive oil
- ☐ 2 onions chopped
- ☐ 1 sprig rosemary

☐

300 grams tomatoes chopped

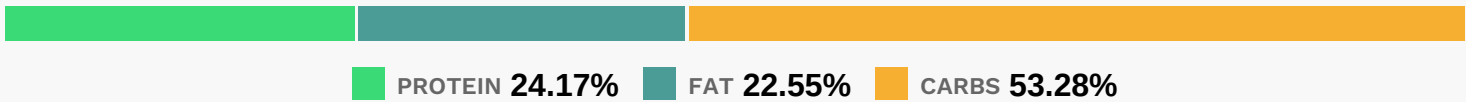
Equipment

- ☐ rolling pin
- ☐ pasta machine

Directions

- ☐ Mix together the flour and eggs until a dough is formed. Knead the dough until it springs back when pushed with your finger, about 10 minutes. Cover and let rest for 30 minutes.
- ☐ Roll out the pasta with a pasta machine, or a rolling pin until it is 1/16-inch thick.
- ☐ Cut into 3/4-inch wide ribbons. Cook until al dente in boiling, salted water, about 2 to 3 minutes.
- ☐ Saute onions, rosemary, and celery in olive oil until soft and starting to color.
- ☐ Add tomatoes, wild boar, and grated nutmeg. Cook until the boar meat is cooked through and the mixture reduces to a sauce consistency, about 10 to 15 minutes.
- ☐ Drain the pasta and add to the sauce. Toss until the pasta is well coated.

Nutrition Facts



Properties

Glycemic Index:156, Glycemic Load:114.71, Inflammation Score:-10, Nutrition Score:46.622174180072%

Flavonoids

Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg

Nutrients (% of daily need)

Calories: 1306.07kcal (65.3%), Fat: 32.17g (49.49%), Saturated Fat: 7.6g (47.47%), Carbohydrates: 170.97g (56.99%), Net Carbohydrates: 161.15g (58.6%), Sugar: 10.31g (11.46%), Cholesterol: 327.36mg (109.12%), Sodium:

157.49mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.56g (155.11%), Vitamin B1: 2.5mg (166.85%), Selenium: 115.08µg (164.4%), Folate: 459.63µg (114.91%), Vitamin B3: 20.98mg (104.92%), Vitamin B2: 1.68mg (98.89%), Manganese: 1.78mg (89.05%), Phosphorus: 707.23mg (70.72%), Iron: 11.65mg (64.72%), Fiber: 9.83g (39.31%), Vitamin A: 1820.3IU (36.41%), Vitamin C: 29.4mg (35.64%), Vitamin E: 3.95mg (26.31%), Vitamin K: 27.44µg (26.14%), Potassium: 911.16mg (26.03%), Copper: 0.51mg (25.53%), Vitamin B5: 2.54mg (25.43%), Vitamin B6: 0.51mg (25.42%), Magnesium: 88.03mg (22.01%), Zinc: 3.05mg (20.32%), Calcium: 156.04mg (15.6%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)