



Pappardelle with sausage & fennel seed bolognese

READY IN



45 min.

SERVINGS



4

CALORIES



731 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 454 g sausage
- ☐ 250 g pappardelle
- ☐ 2 tsp fennel seeds
- ☐ 2 tbsp olive oil
- ☐ 3 small shallots thinly sliced
- ☐ 2 large garlic clove crushed
- ☐ 150 ml red wine
- ☐ 4 plum tomatoes seeded chopped

- ☐ 1 tbsp tomato purée
- ☐ 4 tbsp parmesan freshly grated
- ☐ 1 handful parsley fresh chopped

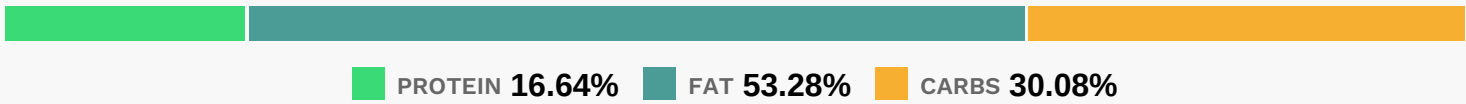
Equipment

- ☐ frying pan

Directions

- ☐ Boil the sausages in their skins in a pan of water for 10 minutes. Cool slightly, then snip off the skins and discard, and finely chop the meat.
- ☐ Cook the pasta according to the packet instructions. Meanwhile heat a non-stick frying pan and toast the fennel seeds for a minute or so to bring out their flavour. Tip the seeds on to a plate, then add the oil to the pan and fry the shallots or onion and garlic for about 5 minutes until soft.
- ☐ Stir in the chopped sausages, red wine, tomatoes and tomato pure and simmer for 8-10 minutes or so until the tomatoes have cooked down to make a sauce.
- ☐ Drain the pasta, return it to the pan and toss in the sauce with the fennel seeds, Parmesan and parsley. Hand round extra Parmesan at the table.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:20.43, Inflammation Score:-7, Nutrition Score:22.801739029262%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin:

0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 731.08kcal (36.55%), Fat: 41.49g (63.84%), Saturated Fat: 12.54g (78.35%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 48.76g (17.73%), Sugar: 4.77g (5.3%), Cholesterol: 137.62mg (45.87%), Sodium: 824.91mg (35.87%), Alcohol: 4.03g (100%), Alcohol %: 1.63% (100%), Protein: 29.15g (58.31%), Selenium: 50.92µg (72.74%), Manganese: 0.82mg (40.77%), Phosphorus: 382.77mg (38.28%), Vitamin B3: 7.3mg (36.49%), Vitamin B6: 0.65mg (32.6%), Vitamin B1: 0.47mg (31.02%), Zinc: 4.11mg (27.42%), Vitamin K: 26.83µg (25.55%), Potassium: 742.58mg (21.22%), Vitamin B12: 1.21µg (20.1%), Iron: 3.44mg (19.11%), Magnesium: 75.31mg (18.83%), Copper: 0.35mg (17.38%), Vitamin C: 13.22mg (16.02%), Fiber: 3.94g (15.78%), Vitamin A: 787.02IU (15.74%), Vitamin B5: 1.51mg (15.06%), Vitamin B2: 0.25mg (14.59%), Vitamin E: 1.9mg (12.64%), Calcium: 124.32mg (12.43%), Vitamin D: 1.69µg (11.25%), Folate: 37.67µg (9.42%)