



Pappardelle with Vegetable "Bolognese"

READY IN



35 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 medium carrots quartered cut into 1-inch pieces
- ☐ 2 rib celery stalks cut into 1-inch pieces
- ☐ 28 g the following: parmesan rind) dried (1 cup)
- ☐ 0.5 cup wine dry red
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.8 lb pappardelle dried
- ☐ 0.5 cup parmesan finely grated for serving

- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 0.8 teaspoon salt
- ☐ 3 medium shallots quartered
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water

Equipment

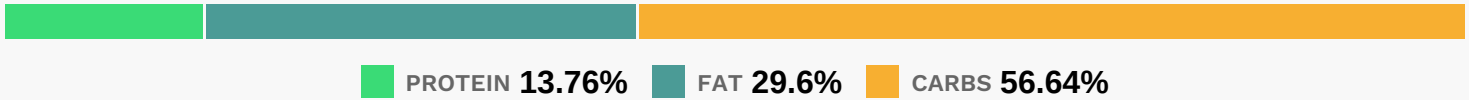
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ measuring cup
- ☐ colander

Directions

- ☐ Soak mushrooms in boiling-hot water 15 minutes.
- ☐ Meanwhile, pulse carrots, celery, shallots, and bell pepper together in a food processor until chopped.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking.
- ☐ Add chopped vegetables, rosemary, salt, and pepper and sauté, stirring occasionally, until vegetables are golden brown and tender, about 12 minutes.
- ☐ Lift mushrooms out of soaking liquid, squeeze excess liquid back into bowl (reserve liquid), and rinse mushrooms well to remove any grit. Finely chop mushrooms, then add to vegetables in skillet along with tomato paste. Cook over moderate heat, stirring, 1 minute.
- ☐ Add wine and boil until wine is reduced by about half, about 2 minutes.
- ☐ While sauce is cooking, cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1 cup pasta-cooking water in a heatproof measuring cup, then drain pasta in a colander.
- ☐ Add reserved mushroom-soaking liquid to sauce and bring to a simmer.

- ☐
- Add pasta and 1/2 cup reserved cooking water to sauce, tossing to coat (thin sauce with additional cooking water if necessary). Stir in cheese and serve immediately.
- ☐
- Per serving: 530 cal, 14g fat (3g sat), 6mg chol, 599mg sod, 78g carb, 7g fiber, 17g prot (analysis provided by Nutrition Data)See full analysis ›
- ☐
- Self

Nutrition Facts



Properties

Glycemic Index:72.21, Glycemic Load:28.22, Inflammation Score:-10, Nutrition Score:28.107391274494%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 555.09kcal (27.75%), Fat: 17.8g (27.39%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 76.64g (25.55%), Net Carbohydrates: 70.54g (25.65%), Sugar: 7.01g (7.79%), Cholesterol: 79.94mg (26.65%), Sodium: 746.36mg (32.45%), Alcohol: 3.15g (100%), Alcohol %: 1.36% (100%), Protein: 18.63g (37.25%), Vitamin A: 6304.98IU (126.1%), Selenium: 73.78µg (105.4%), Vitamin C: 43.4mg (52.61%), Manganese: 1mg (50.09%), Phosphorus: 349.15mg (34.91%), Copper: 0.7mg (34.8%), Vitamin B5: 2.61mg (26.12%), Fiber: 6.1g (24.39%), Vitamin B6: 0.47mg (23.73%), Calcium: 204.12mg (20.41%), Magnesium: 79.73mg (19.93%), Vitamin E: 2.88mg (19.21%), Zinc: 2.8mg (18.65%), Vitamin B3: 3.69mg (18.43%), Potassium: 635.67mg (18.16%), Folate: 64.04µg (16.01%), Vitamin B2: 0.27mg (15.69%), Vitamin B1: 0.22mg (14.87%), Iron: 2.61mg (14.52%), Vitamin K: 14.06µg (13.39%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.59µg (3.94%)