



WHATSheATE



Penne in Country Ragù

READY IN



45 min.

SERVINGS



6

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium carrots finely chopped
- ☐ 1 celery stalk finely chopped
- ☐ 0.5 cup chianti dry red
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 ounces sausage sweet italian
- ☐ 1 cup low-salt chicken broth ()
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped

- ☐ 1 cup pecorino romano cheese freshly grated
- ☐ 12 ounces penne pasta
- ☐ 2 cups plum tomatoes whole italian-style canned finely chopped
- ☐ 0.1 teaspoon pepper dried red crushed

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in large skillet over medium heat.
- ☐ Add sausage, garlic, and crushed red pepper; sauté until brown, breaking up with fork, about 6 minutes.
- ☐ Add carrots, onion, and celery; sauté until beginning to brown, about 10 minutes.
- ☐ Mix in tomatoes. Reduce heat, cover, and simmer 15 minutes, stirring occasionally.
- ☐ Add 1 cup broth and wine; simmer uncovered until liquid is slightly reduced, about 15 minutes.
- ☐ Add basil; cover and simmer until vegetables are very tender, adding more broth by 1/4 cupfuls if liquid evaporates too quickly and stirring occasionally, about 40 minutes. Simmer uncovered until ragù thickens to desired consistency, stirring often, about 10 minutes longer. Season lightly with salt and pepper. (Can be prepared 1 day ahead. Refrigerate uncovered until cold, then cover and keep refrigerated. Rewarm over medium heat before using.)
- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain, reserving 1/2 cup cooking liquid. Return pasta to pot.
- ☐ Mix in ragù, 1/2 cup cheese, and 2 tablespoons oil.
- ☐ Add cooking liquid by 1/4 cupfuls to moisten, if desired. Season with salt and pepper.
- ☐ Divide pasta among plates.
- ☐ Serve, passing 1/2 cup cheese separately.

Nutrition Facts



Properties

Glycemic Index:56.81, Glycemic Load:19.16, Inflammation Score:-10, Nutrition Score:19.2099999999274%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 477.67kcal (23.88%), Fat: 21.09g (32.44%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 47.49g (17.27%), Sugar: 5.53g (6.14%), Cholesterol: 31.7mg (10.57%), Sodium: 373.72mg (16.25%), Alcohol: 2.1g (100%), Alcohol %: 0.94% (100%), Protein: 17.41g (34.82%), Vitamin A: 4244.28IU (84.89%), Selenium: 43.21µg (61.73%), Manganese: 0.72mg (35.9%), Phosphorus: 306.76mg (30.68%), Vitamin K: 23.59µg (22.46%), Calcium: 218.88mg (21.89%), Vitamin C: 14.43mg (17.49%), Fiber: 3.72g (14.88%), Potassium: 513.7mg (14.68%), Vitamin B1: 0.22mg (14.57%), Vitamin B6: 0.29mg (14.27%), Vitamin B3: 2.85mg (14.26%), Copper: 0.28mg (13.91%), Magnesium: 54.54mg (13.63%), Vitamin E: 2.04mg (13.62%), Zinc: 1.85mg (12.34%), Vitamin B2: 0.17mg (10.26%), Iron: 1.62mg (9.03%), Folate: 33.7µg (8.43%), Vitamin B12: 0.4µg (6.63%), Vitamin B5: 0.57mg (5.72%)