

health-score 64%

Very Healthy

Perciatelli with Bolognese

READY IN

ready

215 min.

SERVINGS

servings

4

CALORIES

calories

1898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounces canned tomatoes crushed canned
- ☐ 1 large carrots diced finely
- ☐ 1 celery stalk diced finely
- ☐ 2 cups chicken stock see
- ☐ 0.5 cup porcini dried drained chopped fine
- ☐ 2 teaspoons basil fresh minced for garnish
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 4 cloves garlic finely minced

- ☐ 1 pound ground pork
- ☐ 1 cup milk
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 medium onion diced finely
- ☐ 4 ounces pancetta minced
- ☐ 2 pounds perciatelli pasta dry
- ☐ 2 large pecorino cheese roughly
- ☐ 0.5 cup ground pecorino romano cheese
- ☐ 2 cups red wine
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound ground skirt steak
- ☐ 4 tablespoons tomato paste

Equipment

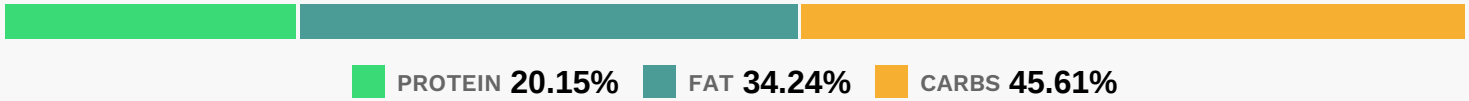
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large cast-iron or Dutch oven casserole over medium heat, heat some olive oil and then add the pancetta, porcini, garlic, onions and carrots. They should cook slow and lightly brown, about 20 minutes.
- ☐ In another large casserole over medium heat, brown the meat slowly in olive oil until it is a nice even brown color. This process should take around 30 minutes and the mixture should be stirred frequently so it will not stick. Salt and pepper liberally. Then add the tomato paste and saute for 5 minutes.
- ☐ When finished, deglaze the pot with the vegetables by adding 1 cup of the red wine. Next, add the vegetables and pancetta to the pot with the meat. Then add the remaining red wine to deglaze the pot. Scrape all the bits and pieces that might accumulate and reduce by half, about 10 minutes. Then add the chicken stock, milk, crushed tomatoes and cheese rinds and simmer very gently for 2 hours.

- ☐ Remove the cheese rinds and discard.
- ☐ Let the sauce sit and cool down before using; it's even better the next day! Finish the sauce with the basil and thyme.
- ☐ Boil 2 gallons of salted water and add the perciatelli pasta. Cook until al dente.
- ☐ Drain all but a 1/2 cup of water off of the pasta and put the pasta directly into the pot of bolognese sauce. Simmer for 2 minutes to incorporate the sauce into the pasta, adding the reserved pasta water as necessary. Finish with the ground Pecorino Romano, torn basil and a drizzle of extra-virgin olive oil on top. Bon appetit!

Nutrition Facts



Properties

Glycemic Index:128.71, Glycemic Load:76.37, Inflammation Score:-10, Nutrition Score:63.190000119417%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1898.48kcal (94.92%), Fat: 68.78g (105.81%), Saturated Fat: 22.26g (139.15%), Carbohydrates: 206.16g (68.72%), Net Carbohydrates: 192.85g (70.13%), Sugar: 24.55g (27.27%), Cholesterol: 196.24mg (65.41%), Sodium: 1099.23mg (47.79%), Alcohol: 12.72g (100%), Alcohol %: 1.49% (100%), Protein: 91.06g (182.12%), Selenium: 212.04µg (302.92%), Manganese: 2.95mg (147.36%), Phosphorus: 1170.38mg (117.04%), Vitamin B3: 22.25mg (111.26%), Zinc: 15.3mg (102.01%), Vitamin B6: 1.98mg (99.03%), Vitamin B1: 1.47mg (97.85%), Vitamin A: 3920.01IU (78.4%), Copper: 1.53mg (76.63%), Vitamin B2: 1.26mg (74.04%), Potassium: 2517.01mg (71.91%), Magnesium: 260.55mg (65.14%),

Vitamin B12: 3.83µg (63.77%), Iron: 10.51mg (58.38%), Fiber: 13.3g (53.21%), Vitamin B5: 4.32mg (43.18%), Calcium: 394.71mg (39.47%), Vitamin E: 5.9mg (39.31%), Vitamin C: 28.59mg (34.66%), Vitamin K: 27.09µg (25.8%), Folate: 101.02µg (25.26%), Vitamin D: 1.1µg (7.33%)