



Perciatelli with Meat Sauce and Fontina

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups canned tomatoes thick canned crushed (one 16-ounce can)
- ☐ 1 tablespoon cooking oil
- ☐ 2 ounces fontina grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 cup parmesan cheese grated plus more for serving
- ☐ 0.5 cup red wine
- ☐ 0.5 teaspoon red-wine vinegar
- ☐ 2.3 teaspoons salt
- ☐ 0.5 pound perciatelli
- ☐ 0.5 pound perciatelli

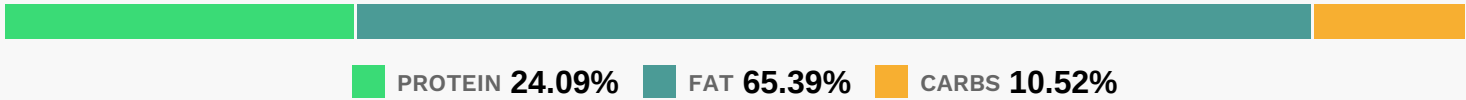
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large stainless-steel frying pan, heat the oil over moderate heat.
- ☐ Add the onion and cook until starting to soften, about 3 minutes.
- ☐ Add the ground beef and cook until the meat is no longer pink, about 2 minutes. Stir in the wine and simmer until reduced to 1/4 cup, about 2 minutes.
- ☐ Add the tomatoes, oregano, and the salt and pepper. Reduce the heat, cover, and simmer for 15 minutes.
- ☐ In a large pot of boiling, salted water, cook the perciatelli until just done, about 15 minutes.
- ☐ Drain and toss with the meat sauce, vinegar, Fontina, Parmesan, and parsley.
- ☐ Serve with additional Parmesan.
- ☐ Wine Recommendation: The meatiness of this dish and the acidity of the tomatoes make a Sangiovese-grape-based wine ideal. Look for a Chianti Classico or a Rosso de Montalcino from the Tuscan region of Italy.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:21.693043527396%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 478.47kcal (23.92%), Fat: 33.27g (51.18%), Saturated Fat: 13.04g (81.49%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 9.42g (3.43%), Sugar: 5.63g (6.25%), Cholesterol: 104.21mg (34.74%), Sodium: 1767.73mg (76.86%), Alcohol: 3.18g (100%), Alcohol %: 1.36% (100%), Protein: 27.57g (55.15%), Vitamin K: 75.31µg (71.72%), Vitamin B12: 2.78µg (46.29%), Zinc: 5.99mg (39.95%), Phosphorus: 328.52mg (32.85%), Selenium: 22.77µg (32.53%), Vitamin B3: 6.11mg (30.53%), Vitamin B6: 0.58mg (29.04%), Iron: 4.11mg (22.85%), Calcium: 227.29mg (22.73%), Potassium: 707.3mg (20.21%), Vitamin C: 15.39mg (18.65%), Vitamin B2: 0.3mg (17.44%), Manganese: 0.34mg (17.2%), Vitamin E: 2.42mg (16.14%), Vitamin A: 724.22IU (14.48%), Copper: 0.27mg (13.55%), Magnesium: 52.6mg (13.15%), Fiber: 2.62g (10.49%), Vitamin B5: 0.98mg (9.77%), Vitamin B1: 0.14mg (9.38%), Folate: 33.56µg (8.39%), Vitamin D: 0.24µg (1.6%)