



Pork and Pappardelle Pasta

READY IN



325 min.

SERVINGS



4

CALORIES



1225 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups chicken stock see
- 4 servings parsley fresh chopped for garnish
- 2 cloves garlic chopped
- 3 tablespoons garlic chopped
- 3 tablespoons olive oil
- 3 tablespoons olive oil plus more for drizzling
- 4 servings parmesan freshly grated for garnish
- 1 pound pappardelle pasta dried
- 4 pound boston butt pork shoulder

- 1 teaspoon chile flakes red crushed
- 4 servings chile flakes red for garnish
- 4 servings salt and pepper black freshly ground
- 2 teaspoons tomato paste
- 1 onion white finely chopped

Equipment

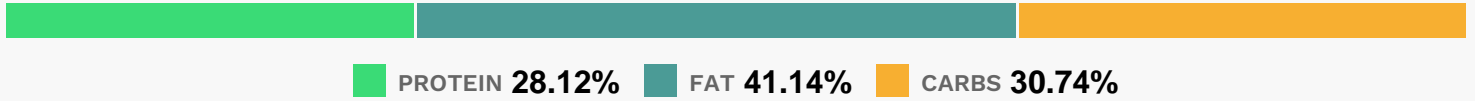
- bowl
- frying pan
- oven
- pot
- roasting pan
- kitchen thermometer
- pastry brush

Directions

- Bring a large pot of salted water to a boil.
- Heat 3 tablespoons oil in a large saute pan over medium-high heat.
- Add the garlic and onions and cook about 5 minutes. Stir in the tomato paste and red chile flakes. After a minute or so, add the chicken stock and pork and season with salt and pepper. Reduce the heat to low, cover and cook an additional 10 minutes.
- When you are ready to serve, drop the pasta into the boiling water and cook 6 to 8 minutes.
- Remove the pasta and place directly into the sauce. Cook, tossing the pasta with the sauce, another 2 minutes, and then turn off the heat.
- Place the pasta into warmed bowls, spooning extra sauce over the top of each portion.
- Garnish with Parmesan, parsley and chile flakes.
- Drizzle with olive oil, if desired.
- Preheat the oven to 425 degrees F.
- In a small bowl, mix the olive oil, garlic, salt, and pepper. Using a pastry brush, spread the mixture all over the pork shoulder.

- Set the meat on a rack set into a roasting pan. Roast for 20 minutes, and then reduce the heat to 325 degrees F. Continue to cook until an instant-read thermometer inserted into the shoulder reads 185 degrees F, about 4 hours.
- Remove the pork from the oven and let stand until cool enough to handle, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:35.69, Inflammation Score:-9, Nutrition Score:50.977391305177%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg 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: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 1224.77kcal (61.24%), Fat: 55.45g (85.31%), Saturated Fat: 16.47g (102.93%), Carbohydrates: 93.2g (31.07%), Net Carbohydrates: 87.68g (31.88%), Sugar: 6.09g (6.77%), Cholesterol: 304.64mg (101.55%), Sodium: 956.05mg (41.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.27g (170.55%), Selenium: 182.25µg (260.36%), Vitamin B1: 2.73mg (182.11%), Phosphorus: 1104.72mg (110.47%), Vitamin B6: 1.68mg (84.12%), Vitamin B3: 16.71mg (83.54%), Zinc: 12.16mg (81.08%), Vitamin K: 82.94µg (78.99%), Vitamin B2: 1.22mg (71.78%), Manganese: 1.24mg (62.02%), Vitamin B12: 3.01µg (50.22%), Calcium: 472.63mg (47.26%), Potassium: 1546.9mg (44.2%), Iron: 7.11mg (39.5%), Magnesium: 153.66mg (38.41%), Copper: 0.76mg (37.8%), Vitamin B5: 3.57mg (35.67%), Vitamin E: 4.67mg (31.14%), Vitamin A: 1450.54IU (29.01%), Fiber: 5.52g (22.07%), Folate: 67.43µg (16.86%), Vitamin C: 12.82mg (15.54%), Vitamin D: 0.49µg (3.27%)