



food
network

Pork Bolognese Pappardelle

READY IN



60 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large bell pepper diced cored
- 2 pounds pappardelle cooked for serving
- 1 tablespoon basil fresh chopped
- 1 sprig thyme leaves fresh
- 2 tablespoons garlic minced
- 1 teaspoon grapeseed oil
- 1 pound ground pork
- 0.3 cup heavy cream
- 1 medium onion diced

- 0.3 cup red wine (Chianti)
- 6 servings salt and pepper black freshly ground
- 2 large tomatoes ripe chopped (keep juices)

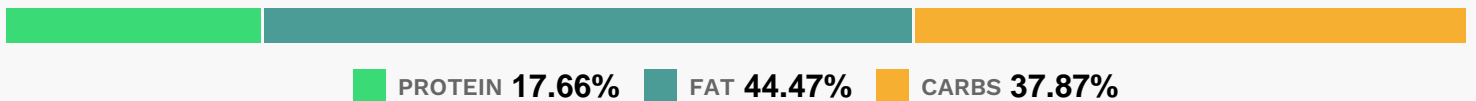
Equipment

- frying pan

Directions

- In a large skillet over medium-high heat, add the grapeseed oil until warmed. Then add the ground pork, cooking until browned, 7 to 8 minutes.
- Remove the meat from the skillet.
- In a second skillet over medium-high heat, add the wine, garlic and onions, stirring throughout the cooking until translucent, about 10 minutes.
- Add the cooked pork, tomatoes and peppers, and then stir in the basil and thyme. Bring the mixture to a slow roll, reduce the heat to low and simmer, covered, for 15 minutes.
- Add the cream and finish for 5 minutes. Finish with salt and pepper to desired taste. Toss the bolognese with cooked pappardelle and serve. (Shelf Life: 5 days.)

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:19.77, Inflammation Score:-9, Nutrition Score:21.068260908127%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg
Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.29mg, Quercetin: 4.29mg,
Quercetin: 4.29mg, Quercetin: 4.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 485.42kcal (24.27%), Fat: 23.64g (36.37%), Saturated Fat: 8.97g (56.08%), Carbohydrates: 45.3g (15.1%),
Net Carbohydrates: 41.76g (15.19%), Sugar: 4.51g (5.01%), Cholesterol: 109.48mg (36.49%), Sodium: 58.33mg
(2.54%), Alcohol: 1.06g (100%), Alcohol %: 0.38% (100%), Protein: 21.12g (42.24%), Selenium: 55.55µg (79.36%),
Vitamin C: 46.4mg (56.25%), Vitamin B1: 0.65mg (43.5%), Manganese: 0.68mg (34.23%), Vitamin A: 1570.83IU
(31.42%), Phosphorus: 286.84mg (28.68%), Vitamin B6: 0.55mg (27.64%), Vitamin B3: 4.59mg (22.94%), Zinc:
2.92mg (19.49%), Vitamin B2: 0.27mg (16.09%), Potassium: 538.78mg (15.39%), Magnesium: 61.11mg (15.28%), Fiber:
3.54g (14.15%), Copper: 0.24mg (12.17%), Vitamin B12: 0.68µg (11.35%), Iron: 2.04mg (11.35%), Vitamin B5: 1.11mg
(11.13%), Folate: 40.42µg (10.1%), Vitamin E: 1.31mg (8.73%), Vitamin K: 8.15µg (7.77%), Calcium: 54.8mg (5.48%),
Vitamin D: 0.31µg (2.07%)