



Pork Ragout

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 28 ounce canned tomatoes whole italian-style undrained chopped canned
- 4 cups penne rigate hot tube-shaped cooked uncooked (8 ounces pasta)
- 0.8 cup fat-skimmed beef broth fat-free
- 4 ounce turkey sausage italian hot
- 1 cup onion chopped
- 1 pound pork loin
- 1 ounce pecorino cheese fresh grated
- 1 tablespoon rosemary dried fresh chopped

- 0.3 teaspoon salt
- 0.8 cup red wine dry red

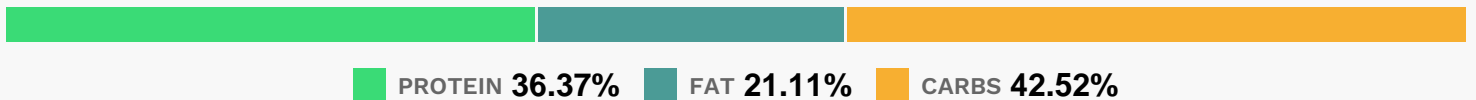
Equipment

- frying pan
- slotted spoon
- dutch oven

Directions

- Trim fat from pork; cut pork into 1/4-inch cubes.
- Remove casing from sausage. Cook sausage in a Dutch oven over medium-high heat until browned; stir to crumble.
- Remove sausage from pan with a slotted spoon.
- Add onion to pan; saute 4 minutes or until lightly browned.
- Add pork, and saut 5 minutes.
- Add sausage, rosemary, salt, and pepper. Stir in broth and wine, scraping pan to loosen browned bits. Bring to a boil; cook for 5 minutes.
- Add tomatoes, and bring to a boil. Reduce heat, and simmer 30 minutes.
- Serve over pasta, and sprinkle with cheese.
- Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:17.03, Inflammation Score:0, Nutrition Score:30.114347820697%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg,

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Nutrients (% of daily need)

Calories: 478.32kcal (23.92%), Fat: 10.53g (16.2%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 41.25g (15%), Sugar: 11.93g (13.25%), Cholesterol: 93.84mg (31.28%), Sodium: 987.79mg (42.95%), Alcohol: 4.91g (100%), Alcohol %: 1.11% (100%), Protein: 40.83g (81.67%), Selenium: 63.53µg (90.76%), Vitamin B6: 1.37mg (68.63%), Vitamin B3: 10.62mg (53.09%), Phosphorus: 491.09mg (49.11%), Vitamin B1: 0.71mg (47.67%), Iron: 7.36mg (40.89%), Manganese: 0.75mg (37.34%), Vitamin C: 30.14mg (36.53%), Potassium: 1182.54mg (33.79%), Copper: 0.58mg (28.79%), Zinc: 3.89mg (25.94%), Fiber: 6.48g (25.92%), Vitamin B2: 0.43mg (25.27%), Magnesium: 100.21mg (25.05%), Vitamin B5: 1.85mg (18.5%), Vitamin E: 2.7mg (18.03%), Calcium: 178.4mg (17.84%), Vitamin B12: 0.86µg (14.41%), Folate: 44.09µg (11.02%), Vitamin K: 11.04µg (10.51%), Vitamin A: 514.02IU (10.28%), Vitamin D: 0.49µg (3.26%)