



HEALTH SCORE

71%

Pork Ragu Over Penne



Very Healthy

READY IN



500 min.

SERVINGS



4

CALORIES



950 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce tomatoes diced canned
- ☐ 1 tablespoon canola oil
- ☐ 2 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 3 basil leaves fresh for garnish
- ☐ 1 tablespoon garlic chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 medium onion chopped

- ☐ 2 tablespoons parmesan grated for garnish
- ☐ 16 ounce penne pasta
- ☐ 4 pound pork butt shoulder roast bone-in
- ☐ 6 ounce tomato paste canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slow cooker
- ☐ cutting board

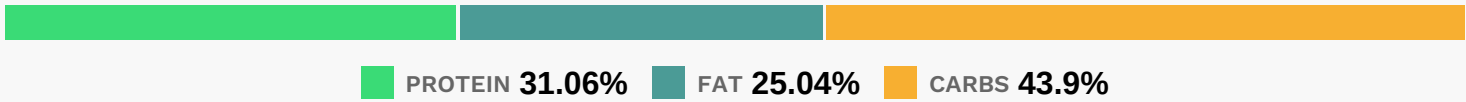
Directions

- ☐ Heat the canola oil in a large skillet over medium-high heat. Season the pork with salt and pepper and brown it on all sides, 2 to 3 minutes per side. While the pork is browning, add the celery, carrots, and onion to the bowl of a slow cooker.
- ☐ Put the pork on top of the vegetables and add the tomatoes and garlic.
- ☐ Place into the slow cooker and cook on low for 6 to 8 hours.
- ☐ Remove the pork to a cutting board or sheet pan.
- ☐ Pour the vegetables and liquid from the slow cooker bowl into a saute pan over medium heat, and mash with a fork.
- ☐ Add the tomato paste to the pan sauce and stir to incorporate. Shred the pork, add it to the vegetables, and let this simmer, uncovered, while you cook the pasta (save 2 cups of the ragu for the Round 2 Recipe Lasagna Roll Ups).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the penne, stir, and cover the pot. When it returns to a boil, remove the cover and stir it again. Cook until the pasta is al dente, about 8 minutes. (Save 1 cup of pasta for the Online Round 2 Recipe Savory Noodle Pie.)
- ☐ Put the pasta into a serving platter, and pour the ragu over top.

☐

Serve immediately, garnished with basil leaves and Parmesan.

Nutrition Facts



Properties

Glycemic Index:86.21, Glycemic Load:36.76, Inflammation Score:-10, Nutrition Score:50.9360872384%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 950.31kcal (47.52%), Fat: 26.16g (40.24%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 103.18g (34.39%), Net Carbohydrates: 94.9g (34.51%), Sugar: 12.88g (14.31%), Cholesterol: 187.08mg (62.36%), Sodium: 655.84mg (28.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73g (146%), Selenium: 154.86µg (221.23%), Vitamin B1: 2.72mg (181.18%), Vitamin A: 5578.55IU (111.57%), Phosphorus: 871.43mg (87.14%), Vitamin B6: 1.73mg (86.34%), Vitamin B3: 16.21mg (81.05%), Manganese: 1.46mg (73.22%), Zinc: 10.94mg (72.94%), Vitamin B2: 1.12mg (66.08%), Potassium: 1923mg (54.94%), Copper: 0.86mg (43.07%), Iron: 7.73mg (42.93%), Magnesium: 160.67mg (40.17%), Vitamin B12: 2.35µg (39.24%), Vitamin C: 31.03mg (37.61%), Vitamin B5: 3.32mg (33.24%), Fiber: 8.28g (33.11%), Vitamin K: 22.51µg (21.44%), Calcium: 201.51mg (20.15%), Vitamin E: 2.99mg (19.91%), Folate: 75.46µg (18.87%)