



WHATSheATE



Pork Sugo with Strozzapreti



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaf bay leaves
- ☐ 0.7 cup wine dry red
- ☐ 2 large cloves garlic minced
- ☐ 4 servings parmesan for serving
- ☐ 1.5 pounds pork butt with lots of fat cut
- ☐ 3 cups tomatoes peeled deseeded chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 carrots

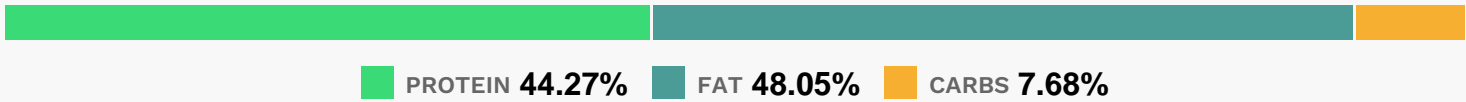
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Generously salt and pepper the pork.
- ☐ Heat a heavy pot just large enough to fit the pork over medium heat.
- ☐ Add the oil, then add the pork. Fry until golden brown, turning until golden brown on all sides. The browned bits lay the foundation for our sugo.
- ☐ Transfer the pork to a plate, drain off all but 1 tablespoon of oil, then add the garlic, onions, and carrots.
- ☐ Saute the vegetables until they start browning. This sweetens them and adds another layer of flavor on top of the browned pork.
- ☐ Add the red wine and bring to a boil. You want to scrape all the browned bits off the bottom of the pan and burn off the alcohol in the wine.
- ☐ Add the tomatoes, bay leaf and thyme into the pot along with the pork. Make sure the pork is mostly submerged, then cover loosely with a lid (leave the lid ajar). Turn down the heat to low and simmer for about 3 hours or until you can easily stick a fork into the pork. You'll want to flip the pork a few times if it is not completely covered in sauce. When the pork is tender, remove it from the pot and use a fork to shred the meat. Use a spoon to skim off any excess fat (a little is okay, but you don't want an oil slick on top).
- ☐ Add the pork back to sauce, which should now be pretty thick. If it's watery, turn up the heat a bit and reduce it until it's nice and thick. Boil the strozzapreti just short of the time specified on the package.
- ☐ Drain and add to the sugo. Turn up the heat and cook for a few minutes until the strozzapreti is al dente and the sauce easily coats each piece of pasta.
- ☐ Serve with some grated Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:29.605217622674%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 430.94kcal (21.55%), Fat: 21.11g (32.48%), Saturated Fat: 8.88g (55.47%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.01g (2.18%), Sugar: 3.56g (3.95%), Cholesterol: 122.46mg (40.82%), Sodium: 602.27mg (26.19%), Alcohol: 4.2g (100%), Alcohol %: 1.46% (100%), Protein: 43.76g (87.53%), Selenium: 54.94µg (78.48%), Vitamin B1: 1.01mg (67.35%), Phosphorus: 583.61mg (58.36%), Vitamin B6: 1.03mg (51.62%), Vitamin A: 2440.69IU (48.81%), Vitamin B2: 0.78mg (45.89%), Zinc: 6.77mg (45.11%), Vitamin B3: 8.29mg (41.47%), Calcium: 395.63mg (39.56%), Vitamin B12: 1.91µg (31.8%), Vitamin B5: 2.93mg (29.31%), Potassium: 899.62mg (25.7%), Vitamin C: 16.24mg (19.68%), Magnesium: 64.23mg (16.06%), Vitamin K: 16.62µg (15.83%), Iron: 2.65mg (14.71%), Copper: 0.26mg (12.85%), Manganese: 0.19mg (9.68%), Vitamin E: 1.41mg (9.38%), Vitamin D: 1.17µg (7.8%), Fiber: 1.59g (6.37%), Folate: 20.4µg (5.1%)