



HEALTH SCORE

55%

Ragu all Nonna

READY IN



260 min.

SERVINGS



8

CALORIES



1387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups day-old bread cut into 1-inch cubes
- ☐ 6 chicken thighs
- ☐ 0.8 cup cooking wine dry red
- ☐ 3 eggs beaten
- ☐ 3 garlic cloves minced
- ☐ 1.3 pounds ground chuck beef
- ☐ 0.5 pound sausage sweet italian 6 links
- ☐ 0.5 teaspoon kosher salt

- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 0.3 cup parsley leaves italian finely chopped
- ☐ 0.8 cup pecorino cheese grated
- ☐ 0.3 cup pinenuts for 8 minutes in a 400 degree f oven
- ☐ 56 ounce plum tomatoes and juice peeled canned
- ☐ 12 pork spareribs cut into 2-inch pieces
- ☐ 1 pinch pepper flakes red hot

Equipment

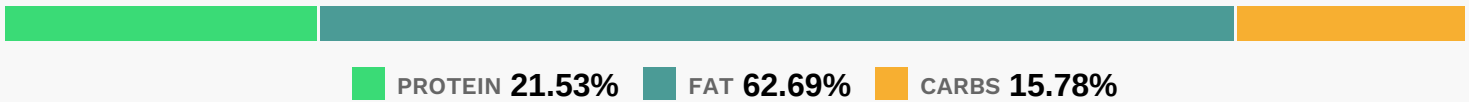
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ In a large pasta pot or Dutch oven, heat the oil until smoking. Season the meatballs, short ribs and chicken with salt and pepper to taste, and sear 5 or 6 pieces at a time over medium heat until dark golden brown.
- ☐ Remove the seared meat to a plate and repeat with the remaining meat chunks.
- ☐ Add the onion to the pan and saute, scraping the pan with a wooden spoon to loosen any brown bits. Cook until the onions are golden brown and very soft, about 10 minutes.
- ☐ Add the wine, browned meat chunks, tomatoes, sausages, and pepper flakes and bring to a boil.
- ☐ Reduce the heat to a simmer and cook 2 1/2 to 3 hours, stirring occasionally and skimming off the fat as necessary.
- ☐ Remove from the heat and remove meat and sausages from the sauce. Adjust the seasoning with salt and pepper and set the sauce aside to use with pasta as a second course. For the first course, divide the meats, which should still be lightly coated in sauce, evenly among 6 plates.

- ☐
- Serve with escarole and pine nuts.
- ☐
- In a shallow bowl, soak the bread cubes in water to cover for 1 to 2 minutes.
- ☐
- Drain the bread cubes and squeeze with your fingers to press out the excess moisture.
- ☐
- In a large bowl, combine the bread cubes, beef, eggs, garlic, Pecorino Romano, parsley, toasted pine nuts, salt, and pepper and mix with your hands to incorporate. With wet hands, form 12 to 16 meatballs, each smaller than a tennis ball and larger than a golf ball.
- ☐
- Proceed with the recipe for Ragu.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:25.25, Inflammation Score:-9, Nutrition Score:52.679130305415%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 1387.11kcal (69.36%), Fat: 94.99g (146.13%), Saturated Fat: 29.14g (182.1%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 47.31g (17.2%), Sugar: 11.2g (12.44%), Cholesterol: 361.65mg (120.55%), Sodium: 1170.38mg (50.89%), Alcohol: 2.36g (100%), Alcohol %: 0.42% (100%), Protein: 73.39g (146.78%), Selenium: 103.05µg (147.21%), Vitamin B3: 22.15mg (110.75%), Vitamin B6: 1.91mg (95.39%), Manganese: 1.78mg (89.22%), Vitamin B1: 1.27mg (84.59%), Phosphorus: 822.58mg (82.26%), Zinc: 10.81mg (72.09%), Vitamin B2: 1.08mg (63.42%), Vitamin K: 60.88µg (57.98%), Vitamin B12: 3.21µg (53.55%), Iron: 8.37mg (46.51%), Potassium: 1536.75mg (43.91%), Vitamin A: 2013.43IU (40.27%), Vitamin C: 31.83mg (38.58%), Vitamin B5: 3.67mg (36.65%), Magnesium: 136.86mg (34.21%), Folate: 130.33µg (32.58%), Calcium: 299.46mg (29.95%), Vitamin D: 4.43µg (29.54%), Copper: 0.58mg (28.91%), Vitamin E: 3.92mg (26.14%), Fiber: 6.47g (25.87%)