

food
network



HEALTH SCORE

82%

Ragusa Shepherd's Pasta: Fusilli al Pastore Ragusa



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1033 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 teaspoon chili pepper flakes red
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 1 pound fusilli
- ☐ 4 garlic cloves peeled thinly sliced

- ☐ 0.5 pound ground pork
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup olive oil extra-virgin plus more for drizzling
- ☐ 1 medium onion thinly sliced
- ☐ 1 onion spanish chopped
- ☐ 0.5 cup pecorino freshly grated
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup tomato paste
- ☐ 2 pounds pasilla peppers mixed green red yellow cut into thin strips

Equipment

- ☐ sauce pan
- ☐ pot

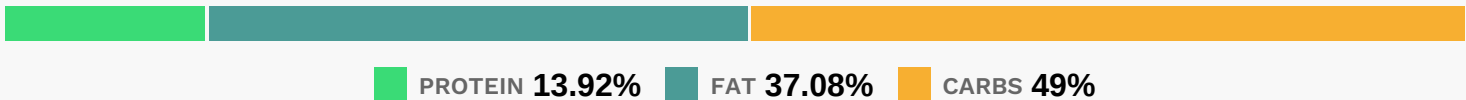
Directions

- ☐ In a 10 to 12-inch saucepan, heat the oil until hot but not smoking.
- ☐ Add the onion and cook over medium heat, stirring often, until the onion just begins to turn golden.
- ☐ Add the pepper and continue stirring over medium heat until the peppers have softened, about 10 minutes, then add the chili flakes.
- ☐ Stir in the pork, then add the wine.
- ☐ Add the tomato paste, tomato sauce and salt and pepper, to taste. Simmer for 20 minutes stirring occasionally.
- ☐ In the meantime, in a large pot, bring 6-quarts water to a boil and add 2 tablespoons salt. Stir in the fusilli and cook according to the package directions, until al dente, but not too tender.
- ☐ Drain the pasta, reserving 1cup of the pasta water.
- ☐ Add the fusilli to the saucepan with the pork ragu.
- ☐ Add a little pasta water, if needed, for moisture. Toss well to coat the pasta, and season, to taste. Divide evenly among 4 warmed pasta plates, sprinkle with the pecorino, drizzle with

extra-virgin olive oil and serve immediately.

- ☐
- In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐
- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:97.96, Glycemic Load:39.06, Inflammation Score:-10, Nutrition Score:49.245217899913%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 13.24mg, Luteolin: 13.24mg, Luteolin: 13.24mg, Luteolin: 13.24mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg

Nutrients (% of daily need)

Calories: 1032.7kcal (51.63%), Fat: 42.63g (65.59%), Saturated Fat: 10.56g (66%), Carbohydrates: 126.76g (42.25%), Net Carbohydrates: 111.99g (40.72%), Sugar: 25.04g (27.82%), Cholesterol: 53.82mg (17.94%), Sodium: 1225.94mg (53.3%), Alcohol: 3.09g (100%), Alcohol %: 0.39% (100%), Protein: 36g (71.99%), Vitamin C: 241.58mg (292.83%), Selenium: 90.31µg (129.01%), Manganese: 2mg (100.05%), Vitamin B6: 1.56mg (77.93%), Vitamin A: 3389.92IU (67.8%), Vitamin B1: 0.89mg (59.34%), Potassium: 2075.12mg (59.29%), Phosphorus: 591.1mg (59.11%), Fiber: 14.78g (59.11%), Vitamin E: 8.67mg (57.79%), Iron: 9.01mg (50.04%), Copper: 0.97mg (48.33%), Vitamin B3: 9.62mg (48.08%), Vitamin K: 48.69µg (46.37%), Magnesium: 174.98mg (43.74%), Vitamin B2: 0.63mg (37.17%), Calcium: 367.71mg (36.77%), Zinc: 4.51mg (30.04%), Folate: 97.29µg (24.32%), Vitamin B5: 1.8mg (18.04%), Vitamin B12: 0.54µg (8.95%)