



Rigatoni With Braised Giblet Sauce

READY IN



300 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 bay leaves
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 6 cloves garlic sliced
- ☐ 6 servings kosher salt
- ☐ 1 medium onion chopped
- ☐ 6 ounces pancetta diced
- ☐ 1 piece parmesan rind shaved for topping

- ☐ 6 servings pepper freshly ground
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 pound rigatoni
- ☐ 2 tablespoons tomato paste
- ☐ 56 ounce san marzano tomatoes whole canned
- ☐ 6 servings giblets and neck from your turkey

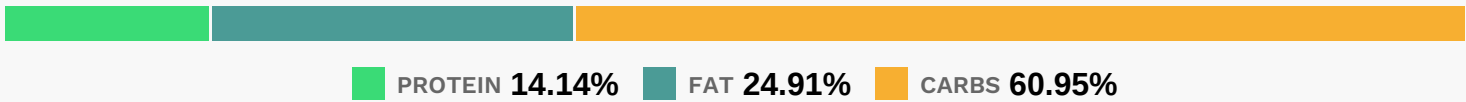
Equipment

- ☐ pot

Directions

- ☐ Cook the pancetta in a large pot over medium heat, stirring, until slightly crisp, about 5 minutes. Meanwhile, rinse the turkey giblets; chop into 1/2-inch pieces.
- ☐ Add the giblets and neck to the pot; cook until browned, about 5 minutes.
- ☐ Add the onion and red pepper flakes; cook until the onion is soft, about 3 minutes. Stir in the tomato paste, garlic, bay leaves, rosemary and 1 teaspoon salt; cook, stirring, about 5 more minutes.
- ☐ Add the wine and cook until slightly reduced, about 5 minutes. Crush the tomatoes into the pot with your hands and pour in the juice from the cans.
- ☐ Add 3 cups water and the parmesan rind, if using. Increase the heat to high, bring to a boil and cook 5 minutes. Stir, then reduce the heat to low. Partially cover and simmer, stirring occasionally, until the meat is falling off the neck bone, 4 to 5 hours.
- ☐ Remove the neck; pull the meat off the bone, shred and return the meat to the sauce.
- ☐ Remove the bay leaves. Stir in the parsley; season with salt and pepper.
- ☐ Bring a pot of salted water to a boil; add the pasta and cook as the label directs.
- ☐ Drain and toss with the sauce. Top with shaved parmesan.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:26.63, Inflammation Score:-10, Nutrition Score:27.047391414642%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 499.67kcal (24.98%), Fat: 13.15g (20.23%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 65.91g (23.97%), Sugar: 10.87g (12.08%), Cholesterol: 19.98mg (6.66%), Sodium: 452.62mg (19.68%), Alcohol: 4.12g (100%), Alcohol %: 1.18% (100%), Protein: 16.79g (33.59%), Vitamin K: 104.21µg (99.25%), Selenium: 54.67µg (78.11%), Manganese: 1.16mg (58.18%), Vitamin C: 46.39mg (56.23%), Vitamin A: 2771.71IU (55.43%), Potassium: 1007.56mg (28.79%), Phosphorus: 274.23mg (27.42%), Fiber: 6.45g (25.81%), Vitamin B6: 0.5mg (24.93%), Vitamin B3: 4.39mg (21.95%), Copper: 0.44mg (21.8%), Magnesium: 84.58mg (21.14%), Vitamin B1: 0.27mg (17.95%), Folate: 65.74µg (16.44%), Iron: 2.56mg (14.2%), Zinc: 2.1mg (14.02%), Vitamin E: 1.97mg (13.16%), Vitamin B2: 0.15mg (8.84%), Vitamin B5: 0.82mg (8.17%), Calcium: 67.67mg (6.77%), Vitamin B12: 0.16µg (2.72%)