



Roman-Style Tripe Trippa alla Romana

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 0.3 cup olive oil extra virgin
- 2 tablespoons olive oil extra virgin
- 3 tablespoons thyme leaves dried fresh chopped
- 4 cloves garlic coarsely chopped
- 4 garlic cloves peeled thinly sliced
- 1 bunch mint leaves finely chopped

- 1 onion spanish chopped
- 0.3 cup parmigiano-reggiano freshly grated
- 0.3 cup pecorino cheese freshly grated
- 1 onion red thinly sliced
- 6 servings salt to taste
- 1 teaspoon vanilla extract
- 0.5 cup vinegar white
- 2 pounds tripe
- 2 pounds tripe

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- In a large pot combine the tripe, vinegar, vanilla and enough water to cover the tripe by 2 inches. Bring to a boil, reduce to a simmer and cook until the tripe is very tender, about 1 to 1 1/4 hours, replenishing the water as necessary.
- Drain the tripe, reserving the cooking liquid, and allow to cool. Slice the tripe into 1-inch strips.
- In a 14 to 16-inch skillet, heat the olive oil over high heat until almost smoking.
- Add the onion, garlic and tripe and saute 3 minutes.
- Add the tomato sauce, bring to a boil, reduce to a simmer and cook, covered, for 30 minutes.
- Meanwhile, in a small bowl, combine the grated cheeses and the mint and stir to combine. When the tripe is finished, divide evenly among 6 warmed bowls and top with the cheese and mint mixture.
- 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

PROTEIN 9.72% **FAT 61.57%** **CARBS 28.71%**

Properties

Glycemic Index:51.64, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:13.926521743121%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg

Nutrients (% of daily need)

Calories: 230.71kcal (11.54%), Fat: 16.34g (25.14%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 13.11g (4.77%), Sugar: 8.29g (9.21%), Cholesterol: 7.17mg (2.39%), Sodium: 695.85mg (30.25%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 5.8g (11.61%), Vitamin C: 34.68mg (42.04%), Vitamin A: 1404.33IU (28.09%), Vitamin E: 3.83mg (25.53%), Calcium: 210.44mg (21.04%), Vitamin B6: 0.41mg (20.74%), Manganese: 0.41mg (20.43%), Iron: 3.52mg (19.57%), Potassium: 617.39mg (17.64%), Fiber: 4.04g (16.16%), Vitamin K: 16.95µg (16.14%), Phosphorus: 134.48mg (13.45%), Vitamin B2: 0.21mg (12.41%), Copper: 0.24mg (11.86%), Magnesium: 44.35mg (11.09%), Vitamin B3: 2.1mg (10.48%), Vitamin B1: 0.15mg (10.18%), Folate: 32.14µg (8.03%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.45mg (4.48%), Selenium: 2.67µg (3.81%), Vitamin B12: 0.1µg (1.61%)