



Saffron Pasta with Pork and Tomato Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



616 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes with added puree crushed canned
- ☐ 2 teaspoons sage fresh chopped
- ☐ 1 pound ground pork
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion finely chopped
- ☐ 3 ounces pancetta finely chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 12 ounces shells gnocchi-shaped ear-shaped (little pasta)

- ☐ 3 ounces pecorino romano cheese freshly grated
- ☐ 1.5 teaspoons saffron threads crumbled

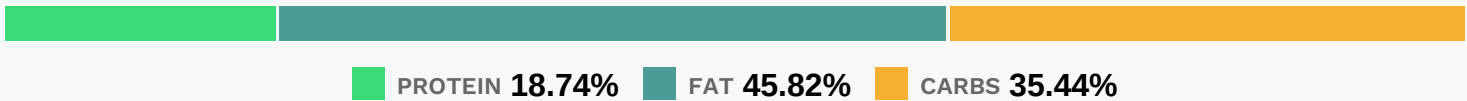
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add pancetta; sauté until fat is rendered, about 3 minutes.
- ☐ Add onion and parsley and sauté until onion is soft, about 5 minutes.
- ☐ Add ground pork and sauté until brown, breaking up with back of fork, about 8 minutes. Stir in crushed tomatoes, bay leaves, and sage. Reduce heat to medium-low and simmer until sauce thickens and flavors blend, stirring occasionally, about 25 minutes. Season sauce to taste with salt and pepper. (Can be made 2 days ahead. Chill uncovered 1 hour. Then cover and keep chilled. Rewarm over low heat.)
- ☐ Meanwhile, bring large pot of salted water to boil.
- ☐ Add pasta and saffron and cook until pasta is just tender but still firm to bite.
- ☐ Drain. Return pasta to pot.
- ☐ Add sauce and 1/2 cup cheese and toss to blend.
- ☐ Transfer to bowl.
- ☐ Sprinkle with remaining 1/2 cup cheese and serve.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:20.28, Inflammation Score:-7, Nutrition Score:29.175652115241%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 616.12kcal (30.81%), Fat: 31.43g (48.36%), Saturated Fat: 11.15g (69.66%), Carbohydrates: 54.7g (18.23%), Net Carbohydrates: 49.92g (18.15%), Sugar: 8.24g (9.15%), Cholesterol: 78.53mg (26.18%), Sodium: 486.61mg (21.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.86%), Copper: 2.48mg (124.11%), Selenium: 60.23µg (86.04%), Vitamin B1: 0.76mg (50.71%), Vitamin K: 51.26µg (48.82%), Manganese: 0.88mg (43.89%), Phosphorus: 417.05mg (41.7%), Vitamin B3: 6.5mg (32.48%), Vitamin B6: 0.64mg (32.17%), Potassium: 815.41mg (23.3%), Calcium: 231.39mg (23.14%), Zinc: 3.42mg (22.83%), Vitamin C: 17.42mg (21.11%), Vitamin B2: 0.35mg (20.75%), Magnesium: 82.71mg (20.68%), Iron: 3.6mg (20%), Fiber: 4.78g (19.12%), Vitamin E: 2.5mg (16.69%), Vitamin B5: 1.29mg (12.88%), Vitamin B12: 0.76µg (12.65%), Vitamin A: 566.96IU (11.34%), Folate: 39.54µg (9.89%)