



Salviata with Celery Ragu di Trevi

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 0.5 medium carrots shredded finely
- ☐ 1 cup celery stalks
- ☐ 6 eggs
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 0.3 cup pecorino cheese grated
- ☐ 10 sage leaves roughly chopped

- ☐ 4 servings salt to taste
- ☐ 2 scallions thinly sliced
- ☐ 2 ounce tomatoes mixed with their juices crushed well canned
- ☐ 2 tablespoons virgin olive oil plus 4 tablespoons
- ☐ 3 ounces virgin olive oil

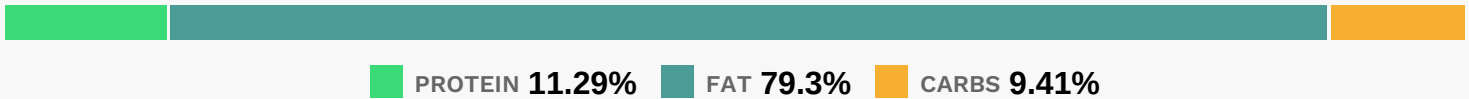
Equipment

- ☐ frying pan

Directions

- ☐ Beat eggs together with sage and Pecorino.
- ☐ In a nonstick saute pan, heat 2 tablespoons olive oil over medium heat.
- ☐ Pour in egg mixture and cook until set like an omelette, flipping once.
- ☐ Meanwhile, in a 12 inch to 14 inch saute pan, heat remaining oil until smoking.
- ☐ Add scallions and celery and saute until just softened, about 4 to 5 minutes.
- ☐ Add basic tomato sauce and simmer 5 to 6 minutes.
- ☐ Cut salivate into wedges and add spoonfuls of sauce.
- ☐ Serve immediately.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:20.830434799194%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 408.18kcal (20.41%), Fat: 36.68g (56.43%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 6.73g (2.45%), Sugar: 3.02g (3.35%), Cholesterol: 252.02mg (84.01%), Sodium: 412.02mg (17.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.51%), Vitamin K: 107.67µg (102.54%), Vitamin A: 2012.66IU (40.25%), Iron: 6.77mg (37.63%), Vitamin E: 5.41mg (36.09%), Selenium: 22.15µg (31.64%), Manganese: 0.5mg (25.15%), Copper: 0.45mg (22.72%), Vitamin B2: 0.38mg (22.5%), Phosphorus: 214.31mg (21.43%), Calcium: 213.64mg (21.36%), Folate: 63.95µg (15.99%), Vitamin B6: 0.26mg (13.19%), Fiber: 3.06g (12.24%), Vitamin B5: 1.22mg (12.17%), Vitamin B12: 0.66µg (10.96%), Vitamin C: 8.64mg (10.47%), Zinc: 1.46mg (9.71%), Potassium: 330.09mg (9.43%), Vitamin D: 1.35µg (9.01%), Magnesium: 30.69mg (7.67%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 0.67mg (3.33%)