



 **82%**
HEALTH SCORE

Sausage Ready to Mail: Salsicce in Cartoccio

 **Gluten Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



4

CALORIES



2089 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pepper black freshly ground
- 4 chilies hot
- 0.5 cup cooking wine dry white
- 2 egg whites beaten
- 2 pounds avarakkai / broad beans peeled
- 4 tablespoons fennel seeds
- 4 tablespoons kosher salt
- 8 tablespoons olive oil extra-virgin

- 2 pounds pancetta
- 4 pounds boston butt pork shoulder fresh
- 8 scallions trimmed
- 0.5 pound sheep casings
- 1 bunch each mixed chopped
- 1 bunch each mixed chopped

Equipment

- oven
- mixing bowl
- kitchen scissors
- funnel

Directions

- Special equipment: 4 sheets parchment
- In a mixing bowl, stir together the pork shoulder and pancetta with your hands until well-mixed.
- Add pepper, salt, fennel seeds, and white wine and mix until well-blended, again with your hands. Work quickly so that body temperature does not change the texture of the fat. Set up the sausage stuffer and place the casing over the funnel feeder. If you do not have a sausage stuffer, form the sausage into 1/4-pound logs, by hand, and be careful handling them. Stuff the sausage into the casings, twisting every 3 1/2 to 4 inches so that each sausage is about 4 ounces, and form 22 to 25 sausages. Prick them all over with a needle and divide into four equal batches.
- Preheat the oven to 400 degrees F.
- Place each batch of sausage in a single layer in the center of each piece of parchment and fold in half like a book. Divide the scallions and favas among four packs, place 1 hot chili on top of each and drizzle each with 2 tablespoons oil. Fold so there are no openings, seal the edges of each packet with the egg whites and place each packet on a sheet tray. Cook in a pizza oven 30 minutes, remove.
- Cut the bag with scissors at the table and sprinkle with the herbs.
- Serve in the bag.

Nutrition Facts

PROTEIN 21.75% FAT 66.36% CARBS 11.89%

Properties

Glycemic Index:52.25, Glycemic Load:21.67, Inflammation Score:-9, Nutrition Score:69.400869224382%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 2088.8kcal (104.44%), Fat: 152.13g (234.04%), Saturated Fat: 48.64g (304.01%), Carbohydrates: 61.34g (20.45%), Net Carbohydrates: 44.65g (16.24%), Sugar: 7.49g (8.32%), Cholesterol: 385.53mg (128.51%), Sodium: 9386.55mg (408.11%), Alcohol: 3.09g (100%), Alcohol %: 0.41% (100%), Protein: 112.2g (224.4%), Vitamin B1: 3.45mg (230.31%), Selenium: 145.18µg (207.39%), Phosphorus: 1429.91mg (142.99%), Vitamin B6: 2.45mg (122.51%), Vitamin B3: 24.26mg (121.28%), Vitamin B2: 1.89mg (111.04%), Zinc: 15.81mg (105.43%), Manganese: 1.98mg (99.04%), Vitamin C: 73.33mg (88.89%), Vitamin K: 85.46µg (81.39%), Vitamin B12: 4.43µg (73.83%), Folate: 294.97µg (73.74%), Potassium: 2435.66mg (69.59%), Fiber: 16.69g (66.77%), Magnesium: 241.83mg (60.46%), Iron: 10.61mg (58.93%), Copper: 1.16mg (58.06%), Calcium: 528.23mg (52.82%), Vitamin B5: 4.63mg (46.3%), Vitamin E: 5.63mg (37.52%), Vitamin A: 1066IU (21.32%), Vitamin D: 1.13µg (7.56%)