



Short Rib Ragu with Drunken Pappardelle

READY IN



70 min.

SERVINGS



4

CALORIES



840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups beef stock
- ☐ 2 medium carrots peeled finely chopped
- ☐ 2 ribs celery with leafy tops, finely chopped
- ☐ 750 ml cooking wine dry red
- ☐ 1 leaf flat parsley fresh leaves picked chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 medium onions finely chopped

- ☐ 1 pound pappardelle pasta
- ☐ 4 servings pecorino romano cheese
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 short ribs shredded cooked
- ☐ 3 tablespoons tomato paste

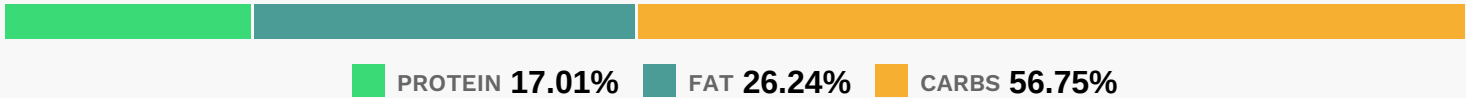
Equipment

- ☐ dutch oven

Directions

- ☐ Adding wine-steeped pasta to the leftover wine-braised beef ragu is super-intense.
- ☐ Heat the extra-virgin olive oil in Dutch oven over medium-high heat, add the carrots, onions, celery, garlic and season with salt, and pepper. Cook until very tender, then stir in the tomato paste, stock, short rib meat, and braising sauce.
- ☐ Heat through, then cool completely and store for make-ahead meal. Skim the fat and reheat, covered, over medium heat.
- ☐ While the sauce reheats, bring 5 to 6 cups of water to a boil with 1 bottle red wine.
- ☐ Add the pasta and cook to al dente.
- ☐ Drain the pasta and toss with sauce to coat, then top with Pecorino cheese and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:78.96, Glycemic Load:37.42, Inflammation Score:-10, Nutrition Score:29.887391028197%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg

20.28mg, Epicatechin: 20.28mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg, Quercetin: 12.45mg

Nutrients (% of daily need)

Calories: 839.54kcal (41.98%), Fat: 20.56g (31.64%), Saturated Fat: 7.58g (47.38%), Carbohydrates: 100.06g (33.35%), Net Carbohydrates: 93.63g (34.05%), Sugar: 8.53g (9.48%), Cholesterol: 127.04mg (42.35%), Sodium: 756.8mg (32.9%), Alcohol: 19.97g (100%), Alcohol %: 4.35% (100%), Protein: 29.99g (59.99%), Selenium: 96.64µg (138.06%), Vitamin A: 5587.39IU (111.75%), Manganese: 1.2mg (60%), Phosphorus: 585.55mg (58.55%), Calcium: 408.74mg (40.87%), Magnesium: 103.98mg (25.99%), Vitamin B6: 0.52mg (25.9%), Fiber: 6.43g (25.72%), Potassium: 891.58mg (25.47%), Copper: 0.5mg (25.05%), Zinc: 3.5mg (23.35%), Vitamin B2: 0.39mg (22.89%), Vitamin B3: 4.3mg (21.51%), Vitamin B1: 0.31mg (20.4%), Vitamin K: 21.34µg (20.32%), Iron: 3.45mg (19.16%), Folate: 62.84µg (15.71%), Vitamin E: 2.3mg (15.3%), Vitamin B5: 1.4mg (13.98%), Vitamin C: 10.16mg (12.32%), Vitamin B12: 0.7µg (11.65%), Vitamin D: 0.49µg (3.27%)