



Sicilian Stick to Your Ribs Meal: Meatloaf Brasciole (Roll Ups), Pasta, Broccolini and Ricotta

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

1202 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baby spinach
- ☐ 0.5 cup bread crumbs italian
- ☐ 1 pound broccolini trimmed
- ☐ 2 tablespoons butter
- ☐ 0.5 pound pasta corkscrew shaped hollow pasta
- ☐ 3 tablespoons cheese grated
- ☐ 6 slices deli provolone sliced

- ☐ 1 eggs
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons golden dark chopped
- ☐ 1.5 pounds ground beef meatloaf mix
- ☐ 2 teaspoons lemon zest
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 3 tablespoons pinenuts chopped
- ☐ 6 slices prosciutto di parma
- ☐ 1 cup ricotta cheese
- ☐ 4 servings salt and pepper
- ☐ 12 small vine tomatoes halved
- ☐ 0.3 small onion white grated

Equipment

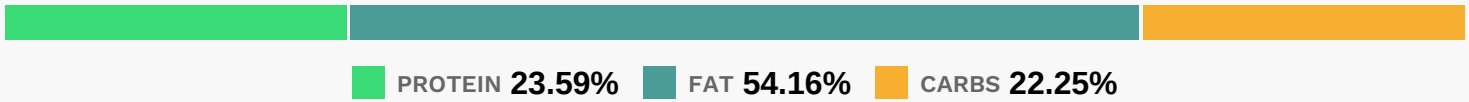
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Put water on to boil for your pasta.
- ☐ Mix meat and next 10 ingredients as if you were making meatloaf. Flatten meat out on a waxed paper lined cookie sheet into a thin layer: 1/2-inch thick, 12 inches long by 6 to 8 inches wide. Cover meat with arugula or spinach, prosciutto and cheese then roll the meat, using the waxed paper to help roll up into a large log, working across the 6 to 8-inch side, resulting in a 12-inch long log.
- ☐ Drizzle the log with extra-virgin olive oil to coat lightly.
- ☐ Roast meatroll 20 minutes.

- ☐ Cut into 1-inch slices, 3 pieces per portion, and serve. Make pasta while meat is in the oven.
- ☐ Salt water and cook off pasta, about 7 to 8 minutes to al dente, with a bite to it.
- ☐ Drain and return pasta to hot pot.
- ☐ While pasta cooks, place broccolini in 1-inch of water in a sauce pot and bring up to a boil.
- ☐ Add salt to the water and add the trimmed broccolini. Cover and cook 5 minutes, drain and reserve.
- ☐ To hot, cooked pasta add a drizzle of extra-virgin olive oil, butter, ricotta, lemon zest, thyme, broccolini and season with salt and pepper. Toss pasta to coat it in the cheese and butter. Season it with salt, to your taste. Portion pasta onto dinner plates alongside meat roll slices and top pasta with tomatoes and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:100.67, Glycemic Load:21.23, Inflammation Score:-10, Nutrition Score:39.629999575408%

Flavonoids

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 1201.8kcal (60.09%), Fat: 74.98g (115.36%), Saturated Fat: 25.55g (159.67%), Carbohydrates: 69.28g (23.09%), Net Carbohydrates: 61.38g (22.32%), Sugar: 13.98g (15.53%), Cholesterol: 243.17mg (81.06%), Sodium: 1131.09mg (49.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.49g (146.98%), Vitamin C: 158.13mg (191.68%), Vitamin A: 5281.94IU (105.64%), Selenium: 61.39µg (87.7%), Manganese: 1.62mg (81.2%), Vitamin K: 76.64µg (72.99%), Phosphorus: 485.37mg (48.54%), Iron: 8.12mg (45.1%), Calcium: 337.42mg (33.74%), Vitamin B1: 0.5mg (33.15%), Vitamin E: 4.95mg (32.98%), Potassium: 1134.78mg (32.42%), Fiber: 7.9g (31.59%), Vitamin B6: 0.59mg (29.71%), Vitamin B3: 5.67mg (28.33%), Magnesium: 109.95mg (27.49%), Zinc: 3.99mg (26.58%), Copper: 0.53mg (26.47%), Vitamin B2: 0.42mg (24.87%), Folate: 82.65µg (20.66%), Vitamin B5: 1.17mg (11.7%), Vitamin B12: 0.69µg (11.57%), Vitamin D: 0.7µg (4.7%)