



HEALTH SCORE

64%

Spaghetti with a Hole and Artichokes: Bucatini al Ragu con Carciofi



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1147 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium artichokes trimmed quartered
- ☐ 1 pound bucatini pasta
- ☐ 28 ounce canned tomatoes crushed peeled canned
- ☐ 1 teaspoon chile flakes hot
- ☐ 0.3 pound ricotta fresh
- ☐ 2 cloves garlic thinly sliced
- ☐ 0.5 pound ground pork shoulder

- ☐ 0.5 pound ground beef lean
- ☐ 10 mint leaves
- ☐ 2 cups oil
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 large onion red finely chopped
- ☐ 1 cup red wine
- ☐ 2 cans tomato paste

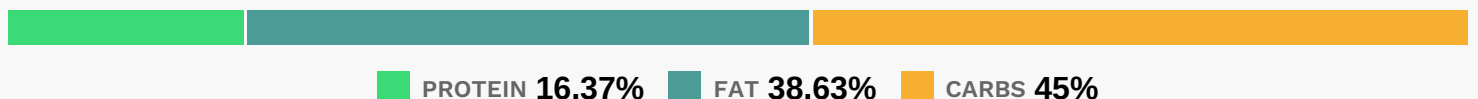
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 14 to 16-inch saute pan, heat 4 tablespoons olive oil until just smoking.
- ☐ Add the onion and garlic, and saute until soft and golden brown, 10 to 12 minutes.
- ☐ Add the pork and beef cook until meat is beyond gray and beginning to brown in its own fat, about 20 minutes.
- ☐ Add the tomato paste and cook for 12 to 15 minutes.
- ☐ Add the wine and the tomatoes, reduce heat to a low simmer and cook for 1 hour.
- ☐ In a 12 to 14-inch saute pan, combine the artichokes, mint leaves and chili flakes and 2 cups oil. Bring the oil to a boil and turn off the heat, allowing the artichokes to cool in the oil.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Drop the bucatini in the boiling water and cook according to package directions, until tender yet al dente.
- ☐ Meanwhile, drain the artichokes from the oil and add to the pan with the ragu. When the pasta is ready, drain it and add it to the ragu and the artichokes. Toss over high heat 1 minute, until pasta is dressed with sauce. Divide among 4 warmed pasta bowls and serve each with 1/4 of the ricotta in the center of the portion.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:44.53, Inflammation Score:-9, Nutrition Score:50.664347845575%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 9.06mg, Naringenin: 9.06mg, Naringenin: 9.06mg, Naringenin: 9.06mg Apigenin: 5.02mg, Apigenin: 5.02mg, Apigenin: 5.02mg, Apigenin: 5.02mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1147.41kcal (57.37%), Fat: 48.45g (74.54%), Saturated Fat: 8.59g (53.7%), Carbohydrates: 126.96g (42.32%), Net Carbohydrates: 111.33g (40.48%), Sugar: 23.1g (25.67%), Cholesterol: 72.78mg (24.26%), Sodium: 700.7mg (30.47%), Alcohol: 6.36g (100%), Alcohol %: 0.88% (100%), Protein: 46.2g (92.4%), Selenium: 98.97µg (141.39%), Manganese: 2.13mg (106.6%), Vitamin E: 11.62mg (77.46%), Copper: 1.33mg (66.65%), Vitamin B6: 1.32mg (65.93%), Phosphorus: 655.5mg (65.55%), Fiber: 15.63g (62.53%), Vitamin B3: 12.43mg (62.17%), Potassium: 2163.61mg (61.82%), Vitamin C: 48.23mg (58.46%), Iron: 10.07mg (55.97%), Vitamin K: 56.78µg (54.08%), Magnesium: 215.22mg (53.8%), Vitamin B1: 0.81mg (53.71%), Zinc: 7.5mg (50.01%), Vitamin B2: 0.61mg (36.15%), Folate: 133.27µg (33.32%), Calcium: 279.65mg (27.96%), Vitamin B12: 1.66µg (27.62%), Vitamin B5: 2.61mg (26.1%), Vitamin A: 1261.37IU (25.23%)