



HEALTH SCORE

53%

Stuffed Pasta, Sorrentine Style: Cannelloni alla Sorrentina

READY IN



250 min.

SERVINGS



4

CALORIES



1605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 can canned tomatoes italian with juices crushed
- ☐ 1 cup cooking wine dry red
- ☐ 4 eggs
- ☐ 3.5 cups flour
- ☐ 1 bunch basil fresh cut into chiffonade
- ☐ 1 pound ground pork
- ☐ 4 servings several gratings nutmeg

- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 0.3 pound pancetta cut into 1/4-inch cubes
- ☐ 1 cup parmigiano-reggiano freshly grated
- ☐ 1 medium onion red cut into 1/4-inch dice
- ☐ 1 cup ricotta
- ☐ 0.5 pound sausage sweet cut into 1/ rounds
- ☐ 3 cans tomato paste

Equipment

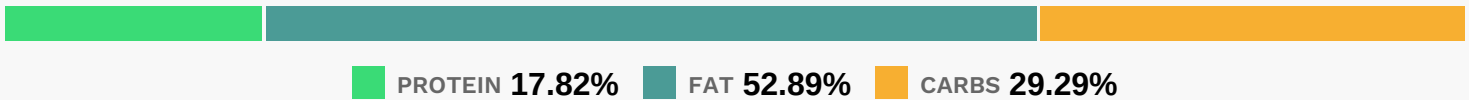
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ cake form
- ☐ stove
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ In a 6-quart saucepan, heat the oil until smoking and add the onion. Cook 9 to 11 minutes, until soft and golden brown.
- ☐ Add the ground pork, the sausage, and the pancetta and cook until beyond the gray, when the meat starts to brown in its own fat, about 30 minutes over medium heat.
- ☐ Add the nutmeg and the tomato paste and cook until deep brownish red, about 20 minutes, then add the red wine and the canned tomatoes and cook over low heat for 2 1/2 hours, stirring occasionally. Season with salt and pepper, and cool.
- ☐ Remove the fat that has floated to the top and discard. This ragu may be refrigerated for up to 5 days and frozen for up to 6 months.
- ☐ Divide the pasta dough into 2 equal portions and roll each to the thinnest setting on a pasta rolling machine.

- ☐ Cut each rolled-out sheets into 5-inch squares.
- ☐ Bring 6 quarts of water to a boil and set up an ice bath with 3 cups of ice and 4 cups of water in a bowl next to the stove. Cook the pasta squares until just al dente, about 2 minutes, and remove to the ice bath to refresh.
- ☐ Remove each square individually, drain and set onto kitchen towels.
- ☐ Preheat oven to 425 degrees F.
- ☐ Mix 3 cups of the ragu with the ricotta and add 1/2 cup Parmigiano-Reggiano and the basil.
- ☐ Lay the pasta squares out, place 3 tablespoons of ragu mixture into each one, and roll up like a cigar. Butter a 10 by 14-inch glass cake pan and lay the cannelloni next to each other in 2 rows.
- ☐ Sprinkle with remaining Parmigiano-Reggiano, dot with butter and place in oven to bake for 18 to 20 minutes, until light golden brown on top. Allow to rest 10 minutes and serve.
- ☐ Mound 3 1/2 cups of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and the olive oil. Using a fork, beat together the eggs and oil and begin to incorporate the flour, starting with the inner rim of the well.
- ☐ As you expand the well, keep pushing the flour up from the base of the mound to retain the well shape. The dough will come together when half of the flour is incorporated.
- ☐ Start kneading the dough with both hands, using the palms of your hands. Once you have a cohesive mass, remove the dough from the board, and scrape up and discard any leftover bits. Lightly reflower the board and continue kneading for 6 more minutes. The dough should be elastic and a little sticky. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature.
- ☐ Roll or shape as desired.

Nutrition Facts



Properties

Glycemic Index:112.5, Glycemic Load:68.41, Inflammation Score:-9, Nutrition Score:55.672173665917%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg

Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 1604.56kcal (80.23%), Fat: 91.89g (141.37%), Saturated Fat: 34.73g (217.04%), Carbohydrates: 114.49g (38.16%), Net Carbohydrates: 104.76g (38.09%), Sugar: 16.14g (17.93%), Cholesterol: 368.53mg (122.84%), Sodium: 1582.73mg (68.81%), Alcohol: 6.3g (100%), Alcohol %: 0.93% (100%), Protein: 69.68g (139.36%), Vitamin B1: 2.21mg (147.34%), Selenium: 100.89µg (144.13%), Vitamin B3: 19.2mg (95.98%), Phosphorus: 906.25mg (90.63%), Vitamin B2: 1.48mg (86.87%), Manganese: 1.47mg (73.25%), Folate: 284.69µg (71.17%), Iron: 12.3mg (68.34%), Vitamin B6: 1.36mg (67.88%), Calcium: 607.98mg (60.8%), Zinc: 7.74mg (51.63%), Potassium: 1746.69mg (49.91%), Vitamin E: 7.01mg (46.71%), Copper: 0.91mg (45.69%), Fiber: 9.73g (38.91%), Vitamin B12: 2.33µg (38.86%), Vitamin C: 32.04mg (38.84%), Magnesium: 149.56mg (37.39%), Vitamin B5: 3.6mg (35.97%), Vitamin A: 1717.54IU (34.35%), Vitamin K: 35.78µg (34.08%), Vitamin D: 1.98µg (13.2%)