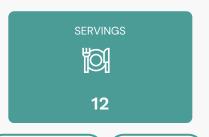
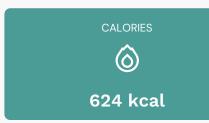


# Sunday Ragù

**Gluten Free** 







LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

1.5 pound pork shoulder boneless cut into 2-inch pieces
O.5 cup flat parsley finely chopped
4 garlic clove minced
1 pound ground sausage italian hot
1 pound ground sausage sweet italian
0.5 cup olive oil for frying divided
1 large onion finely chopped

3 ounces pancetta thinly sliced finely chopped

	2 ounces pecorino cheese grated
	2 pounds pork ribs country-style
	140 ounce frangelico whole italian canned (preferably )
	1.5 pounds top round
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Eq	uipment
	frying pan
	paper towels
	pot
	blender
	plastic wrap
	rolling pin
	slotted spoon
	tongs
	meat tenderizer
Directions	
	Pulse tomatoes with juice (1 can at a time) in a blender until almost smooth.
	Heat oil in a wide 10-to 12-quarts heavy pot over medium-high heat until it shimmers, then sauté onion until golden, about 6 minutes.
	Add garlic and sauté 1 minute.
	Add tomato purée, bay leaf, and 1/2 teaspoon salt and simmer, uncovered, stirring occasionally, until thickened, 40 to 45 minutes. Discard bay leaf.
	Stir together garlic, parsley, cheese, and pancetta.
	Pound top round to 1/8 inch thick between 2 sheets of plastic wrap with a rolling pin or meat pounder. Spoon parsley mixture evenly over beef cutlets (about 3 tablespoons each). Starting with a short side, roll up cutlets and tie at each end with string to make braciole.
	Form reserved meatball mixture into balls (about 16), using a 1/4-cup measure.
	Heat 2 tablespoons olive oil in a 12-inch heavy skillet over medium heat until it shimmers. Season braciole with 1/2 teaspoon salt and 1/4 teaspoon pepper (total) and brown well in 2

	batches, turning, about 6 minutes per batch.	
	Transfer to a large shallow pan.	
	Add 2 tablespoons oil to skillet and brown sausage in 2 batches, turning, about 6 minutes per batch.	
	Transfer to pan with braciole.	
	Pat pork shoulder dry and season with 1/4 teaspoon salt and 1/4 teaspoon pepper.	
	Add 2 tablespoons oil to skillet and brown pork shoulder all over, about 5 minutes.	
	Transfer to pan.	
	Pat pork ribs dry and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.	
	Add remaining 2 tablespoons oil to skillet and brown ribs well in 2 batches, turning, about 6 minutes per batch.	
	Transfer to pan.	
	Heat reserved oil from polpette in skillet over medium heat until it shimmers. Fry meatballs in 2 batches (do not crowd), turning occasionally, until well browned, about 6 minutes per batch	
	Transfer to paper towels using a slotted spoon. (Discard oil.)	
	Return sauce to a simmer and carefully add all meats and juices. Simmer, partially covered, gently stirring occasionally (do not break up meatballs), until all meats are tender, about 2 1/4 hours.	
	Transfer meats with tongs to a large platter.	
	Serve with fettuccine and remaining sauce.	
	Tomato sauce with meats can be made 4 days ahead and chilled (covered once cool).	
Nutrition Facts		
	PROTEIN 31.05% FAT 67.37% CARBS 1.58%	

## **Properties**

Glycemic Index:14.33, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:27.996956628302%

### **Flavonoids**

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0

O.63mg Kaempferol: O.12mg, Kaempferol: O.12mg, Kaempferol: O.12mg, Kaempferol: O.12mg Myricetin: O.39mg, Myricetin: O.39mg, Myricetin: O.39mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

#### **Nutrients** (% of daily need)

Calories: 624.45kcal (31.22%), Fat: 45.83g (70.51%), Saturated Fat: 15.78g (98.6%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.6g (0.66%), Cholesterol: 177.99mg (59.33%), Sodium: 768.12mg (33.4%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 47.53g (95.05%), Selenium: 65.42µg (93.46%), Vitamin B3: 14.61mg (73.06%), Vitamin B1: 1.05mg (69.93%), Vitamin B6: 1.38mg (68.87%), Phosphorus: 491.53mg (49.15%), Zinc: 6.64mg (44.25%), Vitamin K: 42.93µg (40.89%), Vitamin B2: 0.64mg (37.47%), Vitamin B12: 2.24µg (37.27%), Potassium: 799.36mg (22.84%), Iron: 3.27mg (18.16%), Vitamin B5: 1.75mg (17.49%), Magnesium: 53.51mg (13.38%), Copper: 0.22mg (11.13%), Calcium: 96.77mg (9.68%), Vitamin D: 1.27µg (8.46%), Vitamin C: 6.07mg (7.36%), Manganese: 0.1mg (5.18%), Folate: 20.52µg (5.13%), Vitamin E: 0.73mg (4.85%), Vitamin A: 233.17IU (4.66%), Fiber: 0.32g (1.26%)