



Veal Ragu with Campanelle

READY IN



25 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 carrots chopped
- ☐ 12 leaves extra tofu fresh shredded for garnish
- ☐ 1 bay leaf fresh
- ☐ 2 cloves garlic chopped
- ☐ 1.3 pounds ground veal
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan grated for passing at the table

- ☐ 1 pound soup noodles cooked
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup vegetable stock
- ☐ 0.5 cup wine

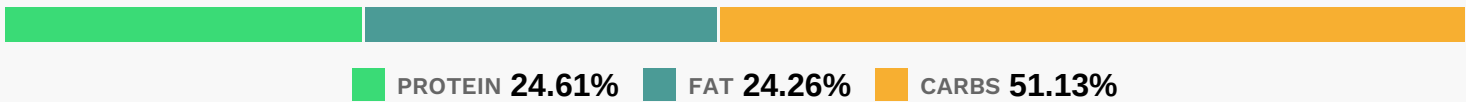
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large deep skillet over medium high heat.
- ☐ Add oil and veal and brown for 2 or 3 minutes.
- ☐ Add carrot, onion, garlic and bay, season with salt and pepper, then cook mixture 4 or 5 minutes more, stirring frequently, to soften veggies and combine flavors. Deglaze the pan with 1/2 cup white wine, scraping up all the good bits from the bottom of the pan. Cook the alcohol out of the wine, 1 or 2 minutes.
- ☐ Add broth to the skillet and reduce heat to medium low. Stir in tomatoes and bring sauce to a bubble. Simmer sauce until ready to serve.
- ☐ Add torn basil and wilt the leaves into the hot sauce.
- ☐ Remove bay leaf from the sauce. Toss hot cooked pasta with 1/2 cup, a couple of handfuls, grated cheese.
- ☐ Combine hot pasta and cheese with the veal ragu in a large serving bowl or platter.
- ☐ Serve with extra cheese for topping.
- ☐ Garnish platter with additional basil tops.

Nutrition Facts



Properties

Glycemic Index:50.47, Glycemic Load:26.47, Inflammation Score:-9, Nutrition Score:27.416087079307%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 564.58kcal (28.23%), Fat: 14.82g (22.8%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 70.27g (23.42%), Net Carbohydrates: 64.68g (23.52%), Sugar: 9.55g (10.62%), Cholesterol: 83.16mg (27.72%), Sodium: 478.79mg (20.82%), Alcohol: 2.06g (100%), Alcohol %: 0.68% (100%), Protein: 33.83g (67.65%), Selenium: 58.37µg (83.39%), Manganese: 1.06mg (52.79%), Vitamin B3: 10.17mg (50.84%), Phosphorus: 451.06mg (45.11%), Vitamin A: 2091.71IU (41.83%), Vitamin B6: 0.76mg (38%), Zinc: 4.65mg (30.99%), Copper: 0.59mg (29.36%), Potassium: 943.61mg (26.96%), Magnesium: 98.91mg (24.73%), Vitamin B2: 0.41mg (24.28%), Vitamin B12: 1.37µg (22.77%), Fiber: 5.58g (22.33%), Iron: 3.76mg (20.9%), Vitamin B5: 2.04mg (20.36%), Calcium: 186.13mg (18.61%), Vitamin E: 2.75mg (18.3%), Vitamin B1: 0.27mg (17.73%), Vitamin C: 14.45mg (17.51%), Folate: 49.37µg (12.34%), Vitamin K: 11.71µg (11.16%)