



Veal Ragu with Gorgonzola

READY IN



130 min.

SERVINGS



6

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots peeled finely chopped
- 1.5 cups chicken stock see
- 1 cup cooking wine dry white
- 2 tablespoons evoo
- 3 tablespoons sage leaves fresh thinly sliced
- 2 tablespoons thyme leaves fresh finely chopped
- 3 cloves garlic finely chopped
- 4 ounces gorgonzola dolce cheese
- 0.5 teaspoon ground allspice

- 1.5 pounds ground veal
- 6 servings nutmeg freshly grated
- 1 onion finely chopped
- 1 pounds pappardelle (6 to 8 servings)
- 6 servings parmigiano-reggiano freshly grated for passing
- 6 servings salt and pepper
- 3 tablespoons tomato paste
- 1 cup milk light whole

Equipment

- bowl
- paper towels
- pot
- dutch oven

Directions

- Bring the veal to room temperature.
- Heat a Dutch oven or large pot over medium-high heat with the EVOO. Pat dry the veal with paper towels, and add to the pot. Caramelize, brown and crumble the veal.
- Sprinkle with salt and pepper, the allspice and a few grates of nutmeg. Next add the garlic, carrots, onions, sage and thyme. Cook, partially covered, 8 to 10 minutes, stirring occasionally.
- Add the tomato paste and stir until fragrant, 1 minute.
- Add the stock, milk, wine and gorgonzola. Reduce the heat and simmer at a low bubble for 1 hour, stirring occasionally. Cool and store in the refrigerator for a make-ahead meal.
- To serve, heat the ragu over medium heat while you bring a large pot of water to boil for the pasta. Salt the water and cook the pasta to al dente, reserving 1 cup of the starchy cooking water before draining. Toss the pasta with the water and half of the sauce.
- Serve in shallow bowls, topped with the remaining ragu. Pass the grated cheese at the table.

Nutrition Facts



■ PROTEIN 23.8% ■ FAT 45.13% ■ CARBS 31.07%

Properties

Glycemic Index:65.31, Glycemic Load:25.04, Inflammation Score:-10, Nutrition Score:38.046956974527%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 887.83kcal (44.39%), Fat: 42.93g (66.04%), Saturated Fat: 21.69g (135.57%), Carbohydrates: 66.51g (22.17%), Net Carbohydrates: 62.06g (22.57%), Sugar: 5.95g (6.61%), Cholesterol: 237.08mg (79.03%), Sodium: 1174.04mg (51.05%), Alcohol: 4.12g (100%), Alcohol %: 1.21% (100%), Protein: 50.94g (101.88%), Copper: 9.58mg (478.8%), Selenium: 80.58µg (115.12%), Phosphorus: 767.27mg (76.73%), Manganese: 1.22mg (61.13%), Vitamin B3: 11.83mg (59.13%), Calcium: 578.58mg (57.86%), Vitamin A: 2765.43IU (55.31%), Zinc: 6.75mg (44.99%), Vitamin B6: 0.84mg (41.91%), Vitamin B2: 0.69mg (40.79%), Vitamin B12: 2.41µg (40.15%), Magnesium: 117.31mg (29.33%), Vitamin B5: 2.84mg (28.39%), Potassium: 929.95mg (26.57%), Iron: 4.1mg (22.8%), Vitamin B1: 0.31mg (20.6%), Fiber: 4.44g (17.78%), Folate: 59.61µg (14.9%), Vitamin E: 2.14mg (14.3%), Vitamin C: 8.4mg (10.18%), Vitamin K: 7.86µg (7.49%), Vitamin D: 0.71µg (4.74%)