

food
network



HEALTH SCORE

100%

Vincigrassi



Very Healthy

READY IN



165 min.

SERVINGS



4

CALORIES



1929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 pound chicken gizzards roughly chopped
- ☐ 1 pound chicken livers roughly chopped
- ☐ 0.5 cup chicken stock see
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 eggs
- ☐ 1.5 cups flour plus for bench
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons

- ☐ 4 cloves garlic thinly sliced
- ☐ 1 recipe bechamel sauce
- ☐ 1 pound mushrooms wild sliced
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 1 medium onion finely chopped
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 4 ounces pancetta cut into 1/4 inch dice
- ☐ 5.5 cups parmigiano freshly grated
- ☐ 4 servings salt to taste
- ☐ 2 cups semolina flour
- ☐ 2 ounce tomatoes mixed with their juices crushed well canned
- ☐ 0.3 cup virgin olive oil
- ☐ 3 ounces virgin olive oil
- ☐ 4 tablespoons virgin olive oil
- ☐ 0.3 cup vin santo
- ☐ 0.3 cup vin santo

Equipment

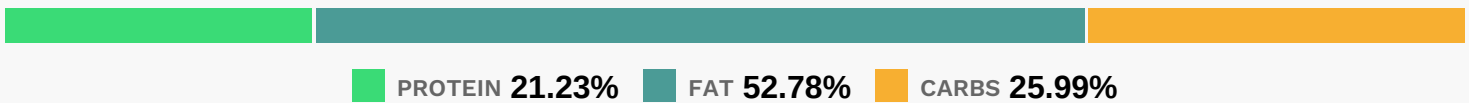
- ☐ frying pan
- ☐ oven
- ☐ pasta machine

Directions

- ☐ To Prepare Pasta: Make like basic pasta dough with flour, oil, vino santo and eggs in a well on a work surface.
- ☐ Roll on second thinnest setting of pasta machine and cut into lengths to match your lasagna pan. Boil in salted water for 1 minute and refresh in ice bath.
- ☐ Lay out on towels to dry.

- ☐ To Prepare Filling:In a 12 inch to 14 inch saute pan, heat olive oil over medium heat until smoking.
- ☐ Add onion and pancetta and cook until soft and golden, about 8 to 10 minutes.
- ☐ Add chicken livers, gizzards and mushrooms and cook 8 to 10 minutes until light gray.
- ☐ Add tomato sauce, chicken stock and wine and cook over low heat for 1 hour until quite thick. Allow to cool.
- ☐ To Prepare Lasagna:Preheat oven to 375 degrees F.
- ☐ Brush a 14 inch by 9 inch lasagna pan and layer in the following order from the bottom: chicken liver sauce, pasta, bechamel sauce, with nutmeg added, and grated cheese (saving at least 1 cup bechamel sauce for last topping).
- ☐ Place Vincigrassi in oven and bake 35 to 40 minutes until bubbly and hot.
- ☐ Let stand 10 minutes and serve with grated cheese on top.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use.
- ☐ The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:102.46, Glycemic Load:60.5, Inflammation Score:-10, Nutrition Score:78.625217271888%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 1928.54kcal (96.43%), Fat: 111.15g (171.01%), Saturated Fat: 37.61g (235.05%), Carbohydrates: 123.19g (41.06%), Net Carbohydrates: 111.27g (40.46%), Sugar: 7.04g (7.82%), Cholesterol: 647.51mg (215.84%), Sodium: 2819.96mg (122.61%), Alcohol: 3.09g (100%), Alcohol %: 0.5% (100%), Protein: 100.6g (201.19%), Vitamin B12: 20.97µg (349.52%), Vitamin A: 15321.99IU (306.44%), Selenium: 207.76µg (296.8%), Folate: 962.29µg (240.57%), Vitamin B2: 3.71mg (218.26%), Calcium: 1804.43mg (180.44%), Phosphorus: 1717.06mg (171.71%), Iron: 27.78mg (154.36%), Vitamin B3: 27.89mg (139.47%), Vitamin B1: 1.65mg (110.31%), Vitamin B5: 10.67mg (106.73%), Manganese: 2.02mg (101.04%), Vitamin K: 103.13µg (98.22%), Vitamin B6: 1.67mg (83.36%), Zinc: 10.46mg (69.75%), Copper: 1.39mg (69.7%), Vitamin E: 9.46mg (63.09%), Vitamin D: 7.53µg (50.17%), Fiber: 11.92g (47.66%), Magnesium: 183.3mg (45.83%), Potassium: 1566.52mg (44.76%), Vitamin C: 29.57mg (35.84%)