



# Bacon and Artichoke Pasta

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

798 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 6 servings bell pepper black
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 carrots peeled coarsely chopped
- ☐ 2 ribs celery coarsely chopped
- ☐ 4 pound meat from a rotisserie chicken
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons evoo
- ☐ 1 handful a fat of flat-leaf parsley finely chopped
- ☐ 1 large bay leaf fresh

- ☐ 2 cloves garlic crushed
- ☐ 4 cloves garlic thinly sliced chopped
- ☐ 0.3 pound guanciale chopped
- ☐ 1 optional: lemon sliced
- ☐ 1 onion peeled quartered
- ☐ 1 small onion finely chopped
- ☐ 6 servings herb bundle of parsley with a string
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 6 servings penne pasta
- ☐ 6 servings salt
- ☐ 10 artichoke hearts frozen drained

## Equipment

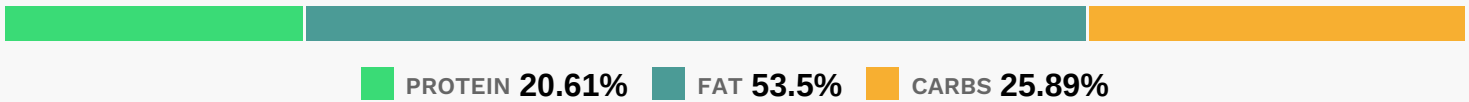
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large skillet over medium high heat and add the EVOO, 3 turns of the pan.
- ☐ Add the guanciale or bacon and cook until crisp.
- ☐ Add the onion, garlic and a little pepper and stir for 4 to 5 minutes.
- ☐ Add the wine and stir.
- ☐ Add the stock and artichokes and heat through. Cool and store for a make-ahead meal. Reheat over medium heat.
- ☐ To serve, bring water to boil for the pasta. Salt the water and cook the pasta to al dente, reserving 1 cup of the starchy water just before draining.
- ☐ Add the pasta to the artichoke mixture.
- ☐ Sprinkle with the parsley and half the cheese and cook, tossing to combine and adding some of the starchy pasta water if necessary to loosen the sauce, 1 to 2 minutes.

- ☐ Serve with more cheese on top.
- ☐ Place the chicken in a large stockpot.
- ☐ Add the celery, carrot, onion, garlic, lemon, bay leaf, peppercorns and the herb bundle; season with salt. Cover the chicken with water and bring to a boil; reduce the heat to a low, rolling simmer. Simmer 60 to 75 minutes, then cool the chicken in its stock. Strain the stock.
- ☐ Remove the chicken in large pieces from the skin and bones.
- ☐ Cut half of the meat into bite-size chunks. Thinly slice or pull the remaining meat.

## Nutrition Facts



### Properties

Glycemic Index:71.72, Glycemic Load:18.7, Inflammation Score:-9, Nutrition Score:26.801739070726%

### 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 Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 10.44mg, Apigenin: 10.44mg, Apigenin: 10.44mg, Apigenin: 10.44mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

### Nutrients (% of daily need)

Calories: 797.54kcal (39.88%), Fat: 46.34g (71.3%), Saturated Fat: 14.25g (89.09%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 46.65g (16.96%), Sugar: 4.21g (4.67%), Cholesterol: 137.78mg (45.93%), Sodium: 585.21mg (25.44%), Alcohol: 2.06g (100%), Alcohol %: 0.77% (100%), Protein: 40.16g (80.33%), Vitamin K: 90.03µg (85.74%), Selenium: 58.28µg (83.26%), Vitamin B3: 11.15mg (55.77%), Vitamin A: 2402.21IU (48.04%), Phosphorus: 414.08mg (41.41%), Manganese: 0.81mg (40.42%), Vitamin B6: 0.72mg (36.22%), Vitamin C: 22.33mg (27.07%), Zinc: 3.13mg (20.9%), Magnesium: 76.24mg (19.06%), Vitamin B5: 1.79mg (17.9%), Potassium: 609.71mg (17.42%), Vitamin B2: 0.28mg (16.39%), Iron: 2.86mg (15.88%), Calcium: 154.67mg (15.47%), Fiber: 3.8g (15.2%), Copper: 0.29mg (14.53%), Vitamin B1: 0.18mg (12.26%), Vitamin E: 1.71mg (11.38%), Folate: 43.44µg (10.86%), Vitamin B12: 0.54µg (9.05%), Vitamin D: 0.33µg (2.21%)