



Broccoli Broth with Pancetta, Prosciutto and Pasta: Minestra di Broccoli alla Romana

READY IN



40 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound broccoli washed trimmed cut into 1-inch florets
- 1 small chile pepper dried
- 2 tablespoons olive oil extra virgin
- 2 cloves garlic crushed
- 1 small onion chopped
- 3.5 ounces pancetta chopped
- 0.5 cup pecorino freshly grated
- 3.5 ounces pancetta chopped

4 servings salt to taste

0.5 pound ziti

Equipment

bowl

frying pan

oven

Directions

Bring 1 quart of water to a boil and add 1 tablespoon salt. Cook the broccoli in the boiling water until just tender and still bright green.

Drain the broccoli and do not discard the cooking liquid.

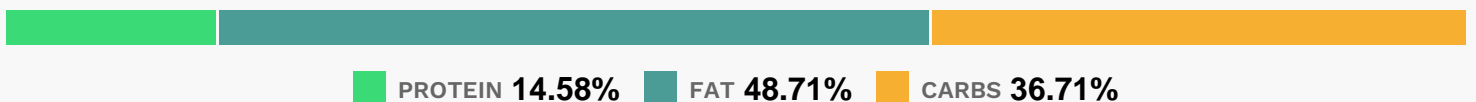
In a 12 to 14-inch saute pan, heat the olive oil over high heat.

Add the pancetta, onion, chile and garlic and cook until the onion and garlic begin to brown.

Add the prosciutto and reserved broccoli water and bring to a boil.

Add the pasta and cook until al dente. Return the blanched broccoli to the pan, season with salt and pepper and serve divide equally among four warmed pasta bowls, topped with freshly grated pecorino.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:19.11, Inflammation Score:-8, Nutrition Score:26.639130457588%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 9.01mg, Kaempferol: 9.01mg, Kaempferol: 9.01mg, Kaempferol: 9.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 575.68kcal (28.78%), Fat: 31.37g (48.26%), Saturated Fat: 10g (62.49%), Carbohydrates: 53.17g (17.72%), Net Carbohydrates: 48.05g (17.47%), Sugar: 4.34g (4.82%), Cholesterol: 45.74mg (15.25%), Sodium: 714.25mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.26%), Vitamin C: 102.95mg (124.79%), Vitamin K: 120.44µg (114.71%), Selenium: 50.76µg (72.51%), Manganese: 0.82mg (40.76%), Phosphorus: 356.01mg (35.6%), Vitamin B6: 0.46mg (23.11%), Folate: 85.96µg (21.49%), Calcium: 207.67mg (20.77%), Fiber: 5.13g (20.51%), Vitamin B1: 0.28mg (18.95%), Vitamin B3: 3.74mg (18.68%), Potassium: 627.77mg (17.94%), Magnesium: 67.18mg (16.8%), Vitamin A: 810.3IU (16.21%), Vitamin B2: 0.26mg (15.35%), Zinc: 2.22mg (14.81%), Vitamin E: 2.21mg (14.7%), Copper: 0.26mg (12.79%), Vitamin B5: 1.25mg (12.54%), Iron: 1.98mg (10.97%), Vitamin B12: 0.39µg (6.47%), Vitamin D: 0.26µg (1.74%)