



## Bucatini with Green Peas and Pancetta

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 pound bucatini pasta uncooked
- 0.3 cup cooking wine dry white
- 2 teaspoons thyme leaves fresh chopped
- 1 garlic clove minced
- 1.3 cups peas green shelled ()
- 0.5 teaspoon kosher salt
- 1 tablespoon kosher salt
- 1 tablespoon olive oil

- 2 tablespoons olive oil extra-virgin
- 2 ounces pancetta chopped
- 2 ounces parmigiano-reggiano cheese grated
- 0.3 cup shallots finely chopped

## Equipment

- bowl
- frying pan
- colander

## Directions

- Heat a large skillet over medium heat.
- Add 1 tablespoon oil to pan, swirling to coat.
- Add pancetta; cook for 10 minutes or until browned and crisp, stirring occasionally.
- Remove pancetta from pan, reserving 1 tablespoon drippings in pan; set pancetta aside.
- Add shallots; cook for 4 minutes or until tender, stirring occasionally.
- Add peas and garlic; cook for 1 minute, stirring occasionally.
- Add wine and thyme. Increase heat to medium-high. Bring to a boil; cook until liquid reduces to 2 tablespoons (about 3 minutes).
- Remove from heat.
- Cook pasta in boiling water with 1 tablespoon kosher salt according to package directions, omitting additional fat.
- Drain the pasta in a colander over a bowl, and reserve 1/2 cup cooking liquid.
- Add pasta, 2 tablespoons extra-virgin olive oil, 1/2 teaspoon salt, and black pepper to pea mixture; toss well. Stir in reserved cooking liquid.
- Place about 1 1/4 cups pasta mixture in each of 4 shallow bowls; top each serving evenly with grated cheese and pancetta.

## Nutrition Facts



■ PROTEIN 14.69% ■ FAT 40.09% ■ CARBS 45.22%

## Properties

Glycemic Index:66.33, Glycemic Load:19.68, Inflammation Score:-9, Nutrition Score:16.260869383812%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 479.94kcal (24%), Fat: 20.86g (32.1%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 52.95g (17.65%), Net Carbohydrates: 47.89g (17.41%), Sugar: 5.51g (6.12%), Cholesterol: 18.99mg (6.33%), Sodium: 2364.36mg (102.8%), Alcohol: 1.54g (100%), Alcohol %: 1.1% (100%), Protein: 17.2g (34.4%), Selenium: 43µg (61.43%), Manganese: 0.82mg (41.09%), Phosphorus: 288.86mg (28.89%), Vitamin C: 21.14mg (25.63%), Calcium: 205.92mg (20.59%), Fiber: 5.06g (20.23%), Vitamin K: 18.25µg (17.38%), Vitamin B1: 0.23mg (15.2%), Magnesium: 59.6mg (14.9%), Vitamin B6: 0.28mg (13.97%), Copper: 0.28mg (13.94%), Zinc: 2.03mg (13.53%), Vitamin B3: 2.59mg (12.95%), Folate: 46.32µg (11.58%), Vitamin E: 1.73mg (11.55%), Iron: 2.07mg (11.51%), Vitamin A: 511.44IU (10.23%), Potassium: 349.43mg (9.98%), Vitamin B2: 0.16mg (9.61%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.24µg (4.02%)