



Egg Fettuccine with Figs, Rosemary, and Pancetta

READY IN



45 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.8 lb egg fettuccine dried
- ☐ 0.8 lb firm-ripe figs fresh trimmed quartered
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon rosemary fresh finely chopped to taste
- ☐ 2 large garlic cloves finely chopped
- ☐ 2 teaspoons juice of lemon fresh to taste

- ☐ 3 tablespoons olive oil
- ☐ 6 oz pancetta sliced
- ☐ 4 servings accompaniment: parmesan freshly grated
- ☐ 1 small onion red finely chopped
- ☐ 3 slices sandwich bread white firm

Equipment

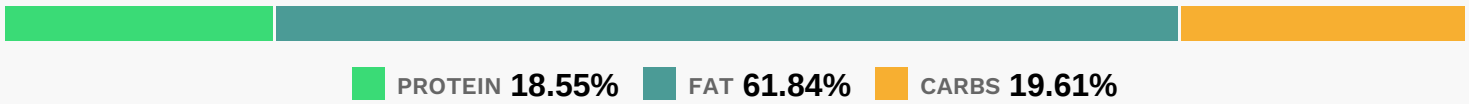
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Tear bread into pieces and pulse in a blender or food processor until reduced to coarse crumbs.
- ☐ Heat 2 tablespoons oil in a deep 12-inch heavy skillet over moderate heat until hot but not smoking, then cook bread crumbs with salt and pepper to taste, stirring constantly, until golden brown and crisp, about 5 minutes.
- ☐ Transfer to a plate to cool.
- ☐ Heat remaining tablespoon oil in cleaned skillet over moderately high heat until hot but not smoking, then cook pancetta, stirring, until golden brown and crisp.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Add onion to skillet and cook over moderate heat, stirring, until softened, about 4 minutes.
- ☐ Add garlic and rosemary and cook, stirring, 1 minute. Stir in wine and boil, stirring occasionally, until liquid is reduced to about 1 tablespoon.
- ☐ Remove from heat and stir in broth, figs, parsley, half of pancetta, and lemon juice.

- ☐
- Cook fettuccine in a large pot of boiling salted water until al dente. Reserve 1/2 cup cooking water, then drain pasta in a colander.
- ☐
- Add fettuccine to fig mixture with 1/4 cup reserved cooking water and salt and pepper to taste.
- ☐
- Heat over low heat, tossing gently and adding more cooking water if mixture becomes dry, until just heated through.
- ☐
- Serve pasta topped with bread crumbs and remaining pancetta.

Nutrition Facts



Properties

Glycemic Index:66.69, Glycemic Load:16.08, Inflammation Score:-7, Nutrition Score:23.288695750029%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg

Nutrients (% of daily need)

Calories: 651.53kcal (32.58%), Fat: 44.26g (68.1%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 28.09g (10.22%), Sugar: 16.95g (18.83%), Cholesterol: 365.43mg (121.81%), Sodium: 1085.62mg (47.2%), Alcohol: 1.54g (100%), Alcohol %: 0.56% (100%), Protein: 29.88g (59.76%), Selenium: 46.41µg (66.31%), Calcium: 488.94mg (48.89%), Phosphorus: 486.45mg (48.64%), Vitamin K: 44.12µg (42.02%), Vitamin B2: 0.64mg (37.72%), Vitamin B6: 0.46mg (23.02%), Vitamin B1: 0.33mg (22.27%), Vitamin B12: 1.34µg (22.26%), Vitamin B5: 2.1mg (20.95%), Vitamin A: 1000.89IU (20.02%), Folate: 76.98µg (19.24%), Zinc: 2.84mg (18.95%), Vitamin E: 2.83mg (18.84%), Iron: 3.18mg (17.69%), Manganese: 0.35mg (17.49%), Vitamin B3: 3.24mg (16.2%), Potassium: 524.44mg (14.98%), Fiber: 3.47g (13.89%), Magnesium: 54.12mg (13.53%), Vitamin D: 2.02µg (13.47%), Copper: 0.2mg (9.76%), Vitamin C: 7.84mg (9.5%)