



## Farfalle with Bacon and Endives

READY IN



45 min.

SERVINGS



4

CALORIES



766 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 pound thickly bacon sliced
- ☐ 4 medium belgian endives cored sliced
- ☐ 1 pound farfalle pasta
- ☐ 0.3 cup flat-leaf parsley coarsely chopped
- ☐ 3 large garlic cloves thinly sliced
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 quart chicken stock see low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese freshly grated

☐ 4 servings salt and pepper freshly ground

## Equipment



- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ In a medium saucepan, boil the chicken stock over high heat until reduced to 1 cup, about 20 minutes.
- ☐ Meanwhile, in a large pot of boiling salted water, cook the farfalle until it is al dente.
- ☐ In a large, deep skillet, heat the olive oil.
- ☐ Add the bacon and cook over moderately low heat until slightly crisp, about 7 minutes.
- ☐ Transfer the bacon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons of the fat.
- ☐ Add the endives and garlic to the skillet and cook over moderately high heat, tossing, until the endives are just wilted but still crisp, about 4 minutes.
- ☐ Drain the farfalle and add it to the skillet.
- ☐ Add the reduced chicken stock, parsley, lemon zest and bacon and toss well.
- ☐ Remove from the heat. Stir in the Parmesan and season the pasta with salt and pepper.
- ☐ Transfer to a large bowl and serve at once.
- ☐ Make Ahead: The reduced stock can be refrigerated overnight.
- ☐ Wine Recommendation: A light, lemony Italian Pinot Grigio with acidity will balance the salty bacon and pick up the endives' slight bitterness. Two good examples: the 2000 Bidoli and the 2000 Tommasi Le Rosse.

## Nutrition Facts



 PROTEIN **15.31%**  FAT **36.46%**  CARBS **48.23%**

Properties

Glycemic Index:26, Glycemic Load:34.28, Inflammation Score:-6, Nutrition Score:23.573478066403%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 766.2kcal (38.31%), Fat: 30.98g (47.66%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 92.2g (30.73%), Net Carbohydrates: 86.7g (31.53%), Sugar: 3.41g (3.79%), Cholesterol: 42.86mg (14.29%), Sodium: 759.94mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.53%), Selenium: 85.68µg (122.41%), Vitamin K: 63.86µg (60.82%), Manganese: 1.15mg (57.43%), Phosphorus: 426.03mg (42.6%), Vitamin B3: 7.61mg (38.03%), Copper: 0.51mg (25.73%), Fiber: 5.5g (21.98%), Potassium: 722.61mg (20.65%), Vitamin B1: 0.3mg (20.07%), Magnesium: 79.28mg (19.82%), Vitamin B6: 0.4mg (19.75%), Zinc: 2.93mg (19.52%), Iron: 2.65mg (14.75%), Vitamin B2: 0.23mg (13.37%), Folate: 46.23µg (11.56%), Calcium: 111.5mg (11.15%), Vitamin B12: 0.6µg (10.07%), Vitamin C: 7.82mg (9.48%), Vitamin B5: 0.93mg (9.31%), Vitamin A: 406.76IU (8.14%), Vitamin E: 0.94mg (6.24%), Vitamin D: 0.26µg (1.72%)