



Farfalle with chicken, asparagus & pancetta

READY IN



40 min.

SERVINGS



4

CALORIES



1062 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 500 g asparagus
- 2 optional: lemon
- 100 g pancetta thinly sliced
- 500 g farfalle pasta
- 50 g butter
- 284 ml double cream
- 2 chicken breast boneless skinless cooked
- 3 nutmeg fresh
- 50 g parmesan freshly grated for serving

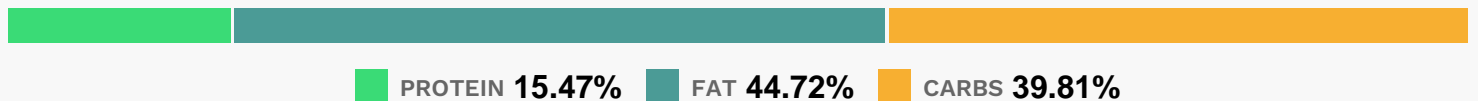
Equipment

- bowl
- frying pan
- grill
- serrated knife

Directions

- Trim the asparagus and cut into short lengths on the diagonal keep the tips separate. (If you like, peel the stems to give a more vibrant colour when cooked.) Cook the stems in salted boiling water for about 4 minutes, then add the tips and cook for 1 minute more.
- Drain and refresh under cold running water.
- Peel the lemons with a serrated knife, remove all the white pith, then cut into segments by slicing each side of the pieces of membrane. Now cut the segments into small pieces (flick out any pips) and put them in a bowl with any juice. Grill the pancetta for 3–4 minutes until crisp keep an eye on it because it can burn easily.
- Meanwhile cook the pasta in plenty of well-salted boiling water until al dente. While its cooking, put the butter and half the cream in a large pan and let them bubble together over a low heat for 2–3 minutes until thickened slightly. Tip in the lemon segments and juice, the chicken, asparagus and a few pinches of salt. Turn off the heat.
- Drain the pasta and add it to the contents of the pan along with the rest of the cream. Toss well, adding black pepper and nutmeg to taste, and the grated parmesan. Toss again, top with the pancetta and serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:39.54, Inflammation Score:-9, Nutrition Score:35.694782422936%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg,

Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg

Nutrients (% of daily need)

Calories: 1062.41kcal (53.12%), Fat: 53.28g (81.97%), Saturated Fat: 29.35g (183.47%), Carbohydrates: 106.72g (35.57%), Net Carbohydrates: 98.27g (35.73%), Sugar: 9.66g (10.73%), Cholesterol: 168.74mg (56.25%), Sodium: 542.27mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.49g (82.97%), Selenium: 110.3µg (157.57%), Manganese: 1.42mg (70.89%), Phosphorus: 598.91mg (59.89%), Vitamin K: 55.61µg (52.96%), Vitamin B3: 10.4mg (52.02%), Vitamin A: 2444.54IU (48.89%), Vitamin C: 36.77mg (44.57%), Vitamin B6: 0.86mg (43.16%), Fiber: 8.45g (33.8%), Copper: 0.67mg (33.52%), Vitamin B2: 0.52mg (30.57%), Magnesium: 119.25mg (29.81%), Vitamin B1: 0.44mg (29.53%), Iron: 5.16mg (28.65%), Calcium: 275.26mg (27.53%), Potassium: 951.92mg (27.2%), Folate: 100.95µg (25.24%), Zinc: 3.65mg (24.34%), Vitamin B5: 2.18mg (21.8%), Vitamin E: 2.82mg (18.8%), Vitamin D: 1.36µg (9.08%), Vitamin B12: 0.52µg (8.73%)