



Fettuccine with beans & pancetta

READY IN



20 min.

SERVINGS



4

CALORIES



633 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g pancetta smoked
- ☐ 350 g fettuccine barilla
- ☐ 400 g jicama trimmed sliced
- ☐ 6 tbsp crème fraîche
- ☐ 15 g chives shredded snipped
- ☐ 4 servings parmesan finely grated

Equipment

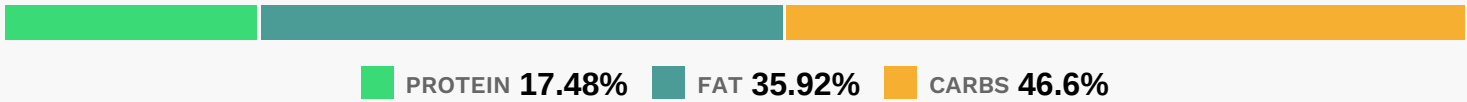
- ☐ bowl

☐ frying pan

Directions

- ☐ Put a large pan of water on to boil for the pasta. Meanwhile, separate the rashers of pancetta and cook them in two batches (without oil) in a large non-stick frying pan until the fat on the pancetta is golden. Lift out onto a plate to crisp up.
- ☐ When the water is boiling, add salt and the pasta to the pan and boil for 6 mins. Tip in the beans, quickly return to the boil and cook for about 4 mins more until both the pasta and beans are just tender.
- ☐ Drain and tip into a large serving bowl. Toss with the crme frache, chives or basil and plenty of seasoning, then quickly tear in the crisp pancetta (keeping it quite chunky).
- ☐ Serve with the Parmesan, if you like, a simple tomato salad and some crusty bread.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:27.05, Inflammation Score:-7, Nutrition Score:22.213478274967%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 632.61kcal (31.63%), Fat: 25.17g (38.72%), Saturated Fat: 11.12g (69.52%), Carbohydrates: 73.46g (24.49%), Net Carbohydrates: 65.58g (23.85%), Sugar: 4.37g (4.85%), Cholesterol: 121.02mg (40.34%), Sodium: 674.17mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.1%), Selenium: 82.12µg (117.32%), Phosphorus: 488.93mg (48.89%), Calcium: 420.7mg (42.07%), Manganese: 0.83mg (41.64%), Fiber: 7.88g (31.53%), Vitamin C: 22.54mg (27.32%), Magnesium: 82.32mg (20.58%), Zinc: 3.04mg (20.27%), Vitamin B1: 0.26mg (17.07%), Vitamin B6: 0.34mg (16.87%), Copper: 0.34mg (16.86%), Vitamin B3: 3.17mg (15.83%), Vitamin B2: 0.26mg (15.42%), Iron: 2.68mg (14.91%), Potassium: 474.2mg (13.55%), Vitamin B12: 0.78µg (12.94%), Vitamin B5: 1.28mg (12.8%), Vitamin A: 594.18IU (11.88%), Folate: 44.49µg (11.12%), Vitamin K: 9.51µg (9.05%), Vitamin E: 1.03mg (6.89%), Vitamin D: 0.51µg (3.42%)