



Gemelli with Broccoli Rabe, Bacon, and Chickpeas

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1100 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli rabe trimmed coarsely chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 15 ounce natural butter extract rinsed drained canned (garbanzo beans)
- ☐ 8 ounces soup noodles uncooked
- ☐ 0.5 teaspoon salt
- ☐ 6 slices bacon

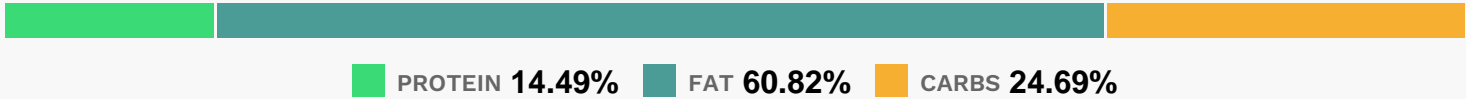
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Bring 4 quarts water to a boil in a large Dutch oven.
- ☐ Add broccoli rabe to pan; cook 2 minutes.
- ☐ Remove with a slotted spoon; drain well. Coarsely chop. Return water to a boil.
- ☐ Add pasta to pan; cook according to package directions, omitting salt and fat.
- ☐ Drain in a colander over a bowl; reserve 3/4 cup pasta water. Cook bacon in a large skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan; crumble bacon. Increase heat to medium-high.
- ☐ Add garlic and chickpeas to drippings in pan; saut 2 minutes or until garlic is golden. Stir in broccoli rabe, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper; cook 3 minutes or until broccoli rabe is heated. Stir in pasta, 3/4 cup pasta water, and bacon; toss well.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.3, Inflammation Score:-10, Nutrition Score:44.735652488211%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 1099.89kcal (54.99%), Fat: 77.5g (119.24%), Saturated Fat: 18.38g (114.9%), Carbohydrates: 70.79g (23.6%), Net Carbohydrates: 60.52g (22.01%), Sugar: 13.13g (14.59%), Cholesterol: 35.64mg (11.88%), Sodium: 707.47mg (30.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.56g (83.12%), Vitamin K: 254.63µg (242.51%), Manganese: 2.59mg (129.33%), Vitamin B3: 18.46mg (92.32%), Vitamin E: 11.81mg (78.73%), Selenium: 52.51µg (75.01%), Phosphorus: 627.48mg (62.75%), Magnesium: 240.86mg (60.22%), Vitamin A: 2994.16IU (59.88%), Folate: 196.91µg (49.23%), Vitamin B6: 0.92mg (45.76%), Fiber: 10.27g (41.08%), Vitamin B1: 0.55mg (36.53%), Copper: 0.69mg (34.57%), Zinc: 5.01mg (33.38%), Potassium: 1059.58mg (30.27%), Iron: 5.29mg (29.38%), Vitamin C: 23.61mg (28.62%), Vitamin B2: 0.43mg (25.34%), Vitamin B5: 2.05mg (20.51%), Calcium: 193.98mg (19.4%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.22µg (1.44%)