



Gnocchetti with Pancetta, Chanterelles, and Mint

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

- 0.8 pound chanterelles fresh
- 2 tablespoons olive oil extra virgin (extra-virgin plus more for drizzling)
- 0.5 pound pancetta
- 3 medium cloves garlic (thinly sliced)
- 1 pinch pepper
- 2 tablespoons mint leaves (chopped)
- 2 tablespoons flat parsley (chopped)

- 1 serving pepper black freshly ground
- 1 serving parmesan (for serving)
- 0.5 pound frangelico dried (or other similarly shaped pasta (see LC Getting to Know Gnocchetti Pasta Note above)

Equipment

- bowl
- frying pan
- pot
- peeler

Directions

- Bring a large pot of lightly salted water to a rolling boil.
- Add the gnocchetti and cook for 1 minute less than the package directions suggest.
- While the gnocchetti is cooking, slice off the tough end of each mushroom stem and clean the mushroom caps. Quarter any large mushrooms, leave any tiny ones whole, and halve the rest.
- Heat the olive oil in a large skillet over medium heat.
- Add the pancetta and cook until it is golden but not too crisp and some of its fat has been rendered, about 5 minutes.
- Add the mushrooms to the skillet and sauté, stirring occasionally, for 5 or 6 minutes or so. When the mushrooms are golden brown, add the garlic and cook for 1 minute more.
- Add the chile flakes.
- When the gnocchetti is ready, drain and add it to the mushroom–pancetta mixture, reserving about 1/2 cup of the cooking water. If the mixture seems dry, add a couple of tablespoons of cooking water. Season with salt and pepper, add the mint and parsley, and toss. Tip the gnocchetti into a serving bowl and drizzle with olive oil. Using a vegetable peeler, shave a few large curls of Parmigiano–Reggiano on top. Bring the gnocchetti to the table with haste.

Nutrition Facts



■ PROTEIN 12.48% ■ FAT 78.68% ■ CARBS 8.84%

Properties

Glycemic Index:30.25, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:14.396521703057%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 365.99kcal (18.3%), Fat: 31.95g (49.15%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.09g (1.21%), Cholesterol: 42.52mg (14.17%), Sodium: 505.98mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.81%), Vitamin K: 37.25µg (35.47%), Vitamin D: 4.77µg (31.81%), Vitamin B3: 5.86mg (29.31%), Selenium: 15.28µg (21.83%), Iron: 3.58mg (19.89%), Phosphorus: 188.72mg (18.87%), Copper: 0.34mg (17.25%), Potassium: 584.73mg (16.71%), Manganese: 0.32mg (16.24%), Vitamin B2: 0.26mg (15.59%), Fiber: 3.56g (14.24%), Vitamin B5: 1.29mg (12.93%), Vitamin B1: 0.18mg (12.04%), Calcium: 117.56mg (11.76%), Vitamin B6: 0.23mg (11.43%), Zinc: 1.56mg (10.37%), Vitamin E: 1.29mg (8.63%), Vitamin A: 361.99IU (7.24%), Vitamin B12: 0.37µg (6.22%), Magnesium: 24.8mg (6.2%), Vitamin C: 4.16mg (5.04%), Folate: 8.19µg (2.05%)