



Lemon Fettuccine with Broccoli and Pancetta "Croutons"

READY IN



15 min.

SERVINGS



4

CALORIES



682 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces bacon thick-cut italian cut into 1/4- to 1/3-inch cubes (bacon)
- 5.5 cups broccoli florets (from 1 pound broccoli crowns)
- 0.3 cup butter melted ()
- 9 ounces fettuccine barilla fresh
- 2 teaspoons thyme leaves fresh
- 2 teaspoons juice of lemon fresh
- 1 tablespoon lemon zest finely grated
- 0.3 cup olive oil

0.5 cup parmesan cheese freshly grated

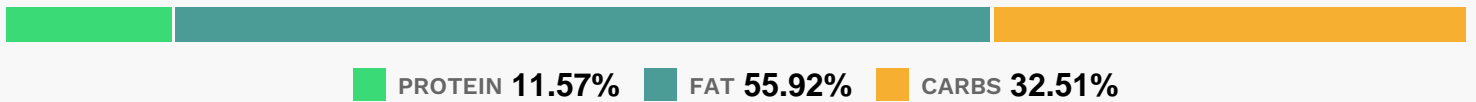
Equipment

- bowl
- frying pan
- paper towels
- pot
- slotted spoon

Directions

- Sauté pancetta in heavy medium skillet over medium-high heat until almost crisp and brown.
- Transfer to paper towels.
- Cook broccoli in large pot of boiling salted water until crisp-tender but still bright green, about 3 minutes. Using slotted spoon, transfer broccoli to medium bowl.
- Add pasta to same boiling water; cook until tender, stirring occasionally.
- Drain pasta; return to same pot.
- Add next 5 ingredients. Toss over low heat to coat.
- Add pancetta, broccoli, and cheese; toss to blend. Season pasta with pepper.
- If thinly sliced pancetta is all that's available, don't dice it. Just crumble it coarsely after sautéing.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:20.75, Inflammation Score:-9, Nutrition Score:29.188260918078%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.47mg,

Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 9.81mg, Kaempferol: 9.81mg, Kaempferol: 9.81mg, Kaempferol: 9.81mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 681.65kcal (34.08%), Fat: 43.08g (66.28%), Saturated Fat: 15.76g (98.52%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 50.68g (18.43%), Sugar: 3.47g (3.85%), Cholesterol: 113.67mg (37.89%), Sodium: 552.81mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.05g (40.09%), Vitamin C: 116.11mg (140.75%), Vitamin K: 137.28µg (130.74%), Selenium: 63.62µg (90.89%), Manganese: 0.84mg (41.97%), Phosphorus: 361.23mg (36.12%), Vitamin A: 1340.65IU (26.81%), Folate: 99.65µg (24.91%), Vitamin E: 3.68mg (24.52%), Fiber: 5.66g (22.66%), Vitamin B6: 0.45mg (22.5%), Calcium: 202.8mg (20.28%), Vitamin B1: 0.28mg (18.77%), Potassium: 644.77mg (18.42%), Magnesium: 73.31mg (18.33%), Zinc: 2.65mg (17.66%), Vitamin B3: 3.32mg (16.61%), Vitamin B2: 0.28mg (16.53%), Vitamin B5: 1.52mg (15.24%), Iron: 2.56mg (14.25%), Copper: 0.28mg (13.75%), Vitamin B12: 0.52µg (8.66%), Vitamin D: 0.37µg (2.45%)