



Linguine with Broccoli Rabe, Bacon, and Corn

READY IN



15 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon diced
- 0.3 teaspoon pepper black
- 1 bunch broccoli rabe ends trimmed cut into 1-inch pieces
- 14.5 ounce chicken broth low-sodium canned
- 1 cup ears corn fresh frozen (from 2 ears)
- 1 clove garlic diced finely
- 1.5 teaspoons kosher salt
- 1 pound pasta
- 2 ounces parmesan grated

Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Cook the linguine according to the package directions. Meanwhile, in a large saucepan, over medium heat, fry the bacon until crisp, about 4 minutes.
- Transfer to a paper towel. Spoon off all but 1 tablespoon of the drippings from the pan, reserving the rest. Return pan to medium heat, add the garlic and broccoli rabe, and toss.
- Add the broth and bring to a boil. Reduce heat and simmer until the broccoli rabe is tender, about 3 minutes. Stir in the corn, either the reserved bacon drippings or the butter, the salt, and pepper.
- Add the drained linguine and toss.
- Heat until warmed through, about 3 minutes.
- Remove from heat.
- Sprinkle with the Parmesan and reserved bacon and toss. Tip: Broccoli rabe has a bitter flavor that many people find pleasing. If you're not one of them, use a 5-ounce bag of fresh spinach instead.
- Add it to the pan, one handful at a time, along with the linguine.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:34.27, Inflammation Score:-9, Nutrition Score:28.089565214903%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 629.49kcal (31.47%), Fat: 15.5g (23.84%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 95.36g (31.79%), Net Carbohydrates: 89.44g (32.52%), Sugar: 5.77g (6.41%), Cholesterol: 24.16mg (8.05%), Sodium: 1306.64mg (56.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.45%), Vitamin K: 127.24µg (121.18%), Selenium: 80.18µg (114.54%), Manganese: 1.36mg (67.91%), Phosphorus: 450.06mg (45.01%), Vitamin A: 1668.81IU (33.38%), Vitamin B3: 5.6mg (27.98%), Calcium: 261.05mg (26.1%), Magnesium: 96.27mg (24.07%), Fiber: 5.93g (23.71%), Copper: 0.44mg (22.09%), Vitamin B1: 0.32mg (21.18%), Folate: 83.57µg (20.89%), Zinc: 2.97mg (19.77%), Vitamin B6: 0.38mg (19.14%), Iron: 3.33mg (18.48%), Potassium: 611.32mg (17.47%), Vitamin C: 14.11mg (17.11%), Vitamin B2: 0.26mg (15.15%), Vitamin B5: 1.12mg (11.23%), Vitamin E: 1.19mg (7.95%), Vitamin B12: 0.38µg (6.38%), Vitamin D: 0.16µg (1.06%)