



# Linguine with Broccoli Rabe, Pancetta, and Pine Nuts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound broccoli rabe cut into 1 1/2-inch lengths
- 4 cloves garlic minced
- 0.8 pound pasta
- 3 tablespoons olive oil
- 0.3 pound pancetta cut into 1/2-inch pieces
- 0.3 cup pinenuts
- 0.3 teaspoon red-pepper flakes dried

0.3 teaspoon salt

## Equipment

frying pan

oven

pot

## Directions

Heat the oven to 35

Toast the pine nuts in the oven until they are golden brown, about 8 minutes.

In a large frying pan, cook the pancetta with the oil over moderate heat until beginning to crisp.

Add the garlic and red-pepper flakes and cook, stirring, for 1 minute.

In a large pot of boiling, salted water, cook the broccoli rabe until almost done, about 3 minutes.

Drain.

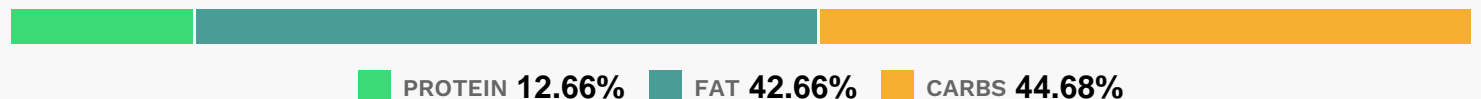
Add the broccoli rabe to the frying pan along with the salt and cook, stirring, for 2 minutes.

In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes.

Drain and toss with the broccoli rabe and pine nuts.

Wine Recommendation: A crisp white wine is the best idea for this dish as it will cut through the salt of the meat and the richness of the nuts. Choose a chenin-blanc-based wine from the Loire Valley in France such as a Savennires or Anjou. Make sure it is dry (not demi-sec).

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:25.86, Inflammation Score:-10, Nutrition Score:30.752608630968%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 613.12kcal (30.66%), Fat: 29.4g (45.22%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 69.26g (23.09%), Net Carbohydrates: 63.06g (22.93%), Sugar: 3.04g (3.38%), Cholesterol: 18.71mg (6.24%), Sodium: 378.48mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.25%), Vitamin K: 265.15µg (252.52%), Manganese: 2.03mg (101.31%), Selenium: 61.09µg (87.28%), Vitamin A: 3023.57IU (60.47%), Phosphorus: 337.83mg (33.78%), Vitamin E: 4.4mg (29.35%), Vitamin C: 23.91mg (28.98%), Folate: 112.42µg (28.11%), Vitamin B1: 0.38mg (25.03%), Fiber: 6.2g (24.81%), Magnesium: 95.54mg (23.89%), Iron: 4.25mg (23.6%), Vitamin B6: 0.44mg (21.89%), Vitamin B3: 4.38mg (21.88%), Copper: 0.43mg (21.35%), Zinc: 2.99mg (19.94%), Potassium: 533.03mg (15.23%), Calcium: 149.14mg (14.91%), Vitamin B2: 0.24mg (14.35%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.14µg (2.36%)