



## Linguine with Pancetta and Swiss Chard

READY IN



45 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper red crushed
- 0.3 cup flat-leaf parsley fresh chopped
- 2 tablespoons garlic fresh minced
- 1 pound pasta uncooked
- 0.3 cup onion finely chopped
- 3 ounces pancetta diced
- 3 ounces parmesan cheese fresh divided grated
- 0.3 teaspoon salt

- 1 pound swiss chard

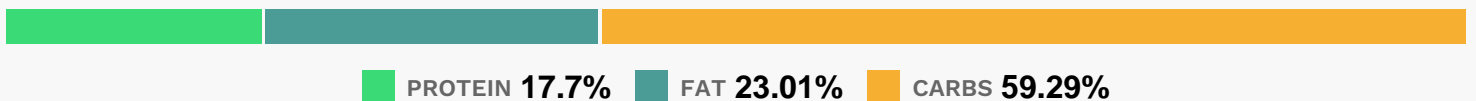
## Equipment

- bowl
- paper towels
- dutch oven
- colander

## Directions

- Rinse and drain chard; pat dry with paper towels.
- Remove stems and center ribs from chard, and cut ribs and stems crosswise into 1/4-inch slices.
- Cut chard leaves into 1-inch strips.
- Heat a Dutch oven over medium heat.
- Add pancetta; cook 6 minutes or until browned.
- Add onion and garlic, and cook 10 minutes or until lightly browned, stirring frequently.
- Add chard stems, and cook 3 minutes, stirring frequently.
- Add chard leaves and red pepper; cook 5 minutes or until chard wilts, tossing frequently.
- Cook pasta according to package directions, omitting salt and fat.
- Drain the pasta in a colander over a bowl; reserve 1/4 cup pasta water.
- Add reserved pasta water and pasta to chard mixture; cook over medium-high heat 1 minute, stirring frequently. Stir in 1/4 cup cheese.
- Add parsley, salt, and black pepper; toss well to combine.
- Sprinkle with 1/2 cup cheese.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:23.75, Inflammation Score:-10, Nutrition Score:26.124782567439%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 4.47mg, Kaempferol: 4.47mg, Kaempferol: 4.47mg Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 417.73kcal (20.89%), Fat: 10.65g (16.38%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 61.71g (20.57%), Net Carbohydrates: 57.75g (21%), Sugar: 3.31g (3.67%), Cholesterol: 18.99mg (6.33%), Sodium: 588.24mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.85%), Vitamin K: 669.17µg (637.31%), Vitamin A: 5000.41IU (100.01%), Selenium: 54.95µg (78.5%), Manganese: 1.05mg (52.26%), Vitamin C: 27.33mg (33.13%), Phosphorus: 304.54mg (30.45%), Magnesium: 112.22mg (28.05%), Calcium: 233.76mg (23.38%), Copper: 0.38mg (19.07%), Fiber: 3.96g (15.84%), Iron: 2.77mg (15.39%), Potassium: 534.87mg (15.28%), Vitamin B6: 0.28mg (13.99%), Zinc: 1.97mg (13.15%), Vitamin B3: 2.28mg (11.38%), Vitamin E: 1.69mg (11.27%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.15mg (10.27%), Folate: 30.39µg (7.6%), Vitamin B5: 0.64mg (6.35%), Vitamin B12: 0.24µg (4.02%)