



Orecchiette with Broccoli Rabe and Fried Chickpeas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



609 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli rabe trimmed cut into 1-inch pieces
- ☐ 2 tablespoons butter ()
- ☐ 31 ounce garbanzo beans drained well canned (chickpeas)
- ☐ 0.7 cup wine dry white
- ☐ 0.3 cup sage fresh thinly sliced
- ☐ 4 garlic clove minced
- ☐ 6 tablespoons olive oil

☐ 1 pound orecchiette ear-shaped (little pasta)

Equipment

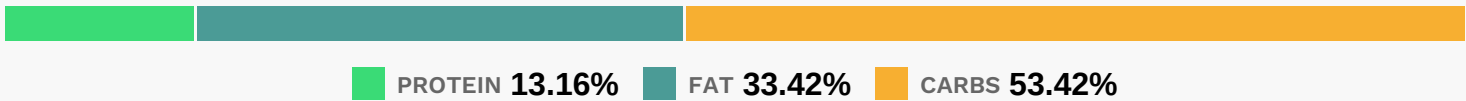
☐ bowl

☐ pot

Directions

- ☐ Cook orecchiette in large pot of boiling salted water until pasta is tender but still firm to bite.
- ☐ Drain pasta, reserving 1 cup cooking liquid.
- ☐ Meanwhile, melt butter with olive oil in another large pot over high heat.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add garbanzo beans and sauté until garbanzo beans are beginning to color, about 8 minutes.
- ☐ Add half of sliced fresh sage and sauté 1 minute to blend flavors.
- ☐ Add broccoli rabe, wine, and 1/2 cup reserved cooking liquid to pot. Cover and simmer until broccoli rabe is crisp-tender, about 5 minutes. Uncover and add pasta, remaining sage, and Parmesan cheese; toss to combine.
- ☐ Mix in more of reserved cooking liquid by tablespoonfuls if pasta is dry. Season to taste with salt and pepper.
- ☐ Transfer to large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:28.39, Inflammation Score:-9, Nutrition Score:33.156521626141%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 609.11kcal (30.46%), Fat: 22.2g (34.15%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 79.84g (26.61%), Net Carbohydrates: 68.85g (25.03%), Sugar: 2.58g (2.87%), Cholesterol: 10.03mg (3.34%), Sodium: 468.67mg (20.38%), Alcohol: 2.75g (100%), Alcohol %: 1% (100%), Protein: 19.68g (39.35%), Vitamin K: 178.31µg (169.82%), Copper: 2.67mg (133.4%), Manganese: 2.33mg (116.32%), Selenium: 51.82µg (74.03%), Vitamin B6: 0.97mg (48.39%), Fiber: 11g (44%), Vitamin A: 2120.97IU (42.42%), Phosphorus: 324.49mg (32.45%), Folate: 113.44µg (28.36%), Iron: 4.67mg (25.93%), Magnesium: 100.73mg (25.18%), Vitamin E: 3.43mg (22.89%), Vitamin C: 16.04mg (19.44%), Zinc: 2.73mg (18.21%), Vitamin B1: 0.25mg (16.34%), Calcium: 160.8mg (16.08%), Potassium: 558.97mg (15.97%), Vitamin B3: 2.44mg (12.21%), Vitamin B5: 1.04mg (10.36%), Vitamin B2: 0.17mg (10.21%)