



Orecchiette with Broccoli Rabe, Bacon, and Bread Crumbs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



699 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 cup bread crumbs fresh
- ☐ 1 pound broccoli rabe cut into 1-inch lengths
- ☐ 6 cloves garlic minced
- ☐ 0.5 cup olive oil
- ☐ 1 pound orecchiette
- ☐ 0.3 teaspoon red-pepper flakes dried

☐ 0.8 teaspoon salt

Equipment

☐ food processor

☐ frying pan

☐ paper towels

☐ pot

☐ aluminum foil

Directions

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

☐ Drain thoroughly.

☐ In a large nonstick frying pan, heat 1/4 cup of the oil over moderate heat.

☐ Add the bread crumbs and cook, stirring, until golden, about 5 minutes.

☐ Remove. Wipe out the pan.

☐ In the same pan, cook the bacon until crisp.

☐ Remove the bacon and drain on paper towels.

☐ Pour off all the fat.

☐ Heat the remaining 1/4 cup oil in the frying pan over moderately low heat.

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

☐ Add the broccoli rabe and cook, stirring occasionally, until just done, about 3 minutes longer.

☐ In a large pot of boiling, salted water, cook the orecchiette until done, about 15 minutes.

☐ Drain and toss with the bread crumbs, bacon, broccoli rabe, and salt.

☐ Fresh Bread Crumbs: The quickest way to make fresh bread crumbs is to tear up a few slices of French or Italian bread and whirl them in the food processor. No need to remove the crust.

☐ Wine Recommendation: The bitter bite of the broccoli rabe and the pungent garlic in this dish both require a crisp white wine to act as a neutral foil. Try a pinot grigio from Friuli for good effect.

Nutrition Facts



 **PROTEIN 14.37%**  **FAT 23.05%**  **CARBS 62.58%**

Properties

Glycemic Index:26, Glycemic Load:34.51, Inflammation Score:-10, Nutrition Score:33.743912865286%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 698.84kcal (34.94%), Fat: 17.87g (27.49%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 109.17g (36.39%), Net Carbohydrates: 101.13g (36.77%), Sugar: 5.19g (5.76%), Cholesterol: 14.52mg (4.84%), Sodium: 826.46mg (35.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.13%), Vitamin K: 259.37µg (247.02%), Selenium: 84.69µg (120.99%), Manganese: 1.82mg (90.84%), Vitamin A: 3018.91IU (60.38%), Vitamin B1: 0.62mg (41.13%), Phosphorus: 380.59mg (38.06%), Folate: 143.59µg (35.9%), Fiber: 8.04g (32.17%), Vitamin B3: 6.03mg (30.17%), Iron: 5.43mg (30.15%), Vitamin C: 24.31mg (29.47%), Vitamin B6: 0.5mg (25.23%), Magnesium: 100.62mg (25.16%), Copper: 0.47mg (23.42%), Zinc: 3.18mg (21.21%), Calcium: 205.68mg (20.57%), Vitamin B2: 0.35mg (20.42%), Vitamin E: 2.91mg (19.38%), Potassium: 592.24mg (16.92%), Vitamin B5: 1.15mg (11.53%), Vitamin B12: 0.2µg (3.41%)