



WHATSheATE



Orecchiette With Brussels Sprouts and Hazelnuts

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound brussels sprouts trimmed halved
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 8 ounces orecchiette pasta dried

- ☐ 1 ounce pancetta diced finely
- ☐ 3 tablespoons parmesan freshly grated

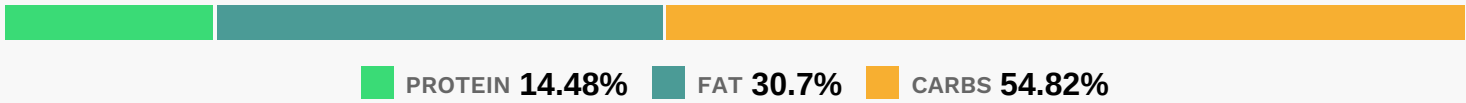
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 42
- ☐ Toss sprouts with 1 tablespoon oil; arrange cut side down on a baking sheet.
- ☐ Sprinkle with salt, pepper, and pancetta. Roast 1820 minutes or until sprouts are tender.
- ☐ Meanwhile, cook pasta according to package directions.
- ☐ Drain, reserving 1/4 cup cooking water. Return pasta to pot.
- ☐ Add garlic to sprouts; toss well.
- ☐ Add sprouts, Parmesan, thyme, and a few tablespoons reserved pasta water to pasta; stir in remaining 2 teaspoons oil. Spoon into 4 bowls; sprinkle with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:18.71, Inflammation Score:-8, Nutrition Score:24.027826202952%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg

Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 372.27kcal (18.61%), Fat: 12.97g (19.96%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 52.11g (17.37%), Net Carbohydrates: 46.2g (16.8%), Sugar: 3.76g (4.17%), Cholesterol: 7.23mg (2.41%), Sodium: 422.74mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.53%), Vitamin K: 154.06µg (146.72%), Vitamin C: 74.03mg (89.74%), Manganese: 1.32mg (66.08%), Selenium: 39.86µg (56.95%), Fiber: 5.91g (23.63%), Phosphorus: 226.85mg (22.68%), Copper: 0.37mg (18.29%), Folate: 71.11µg (17.78%), Vitamin B6: 0.35mg (17.6%), Vitamin E: 2.48mg (16.54%), Magnesium: 65.73mg (16.43%), Vitamin B1: 0.24mg (16.12%), Potassium: 536.58mg (15.33%), Vitamin A: 699.25IU (13.98%), Iron: 2.49mg (13.82%), Calcium: 106.44mg (10.64%), Zinc: 1.56mg (10.37%), Vitamin B3: 2.05mg (10.24%), Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.65mg (6.45%), Vitamin B12: 0.08µg (1.34%)