



WHATSheATE



Orecchiette with Chickpeas

READY IN



150 min.

SERVINGS



6

CALORIES



765 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 carrots cut in ¼" dice
- ☐ 1 stalk celery cut in ¼" dice
- ☐ 9 ounce chickpeas dried
- ☐ 4 clove garlic cloves peeled roughly chopped
- ☐ 3 tablespoon olive oil
- ☐ 6 servings very olive oil good for drizzling
- ☐ 1 pound orecchiette
- ☐ 6 servings parmesan cheese grated
- ☐ 1 pinch pepper flakes red

- ☐ 1 sprig rosemary
- ☐ 6 servings salt and pepper to taste
- ☐ 3 tablespoon tomato paste
- ☐ 6 cup vegetable broth

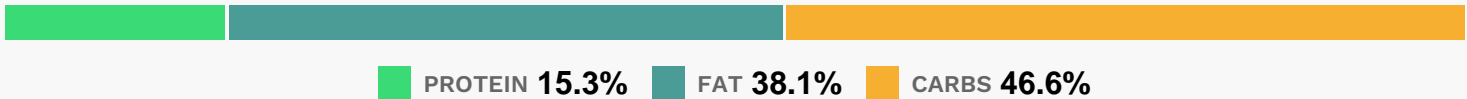
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the chickpeas into a large saucepan, cover with cold water and soak overnight. The next day drain the chickpeas and rinse them with cold water.
- ☐ Heat the olive oil in a large sauce pan, adding the onion, celery, carrots, garlic, and rosemary. Cook this mixture over medium high heat about 8 minutes, stirring occasionally, until the vegetables are soft, but not yet colored. Season with plenty of salt and pepper (the beans like quite a bit of salt), then add the sweet red pepper and a pinch of red pepper flakes. Stir in the tomato sauce and the stock. Then add the pre-soaked chickpeas, stirring to incorporate. Bring the pot to a boil then lower the heat to a simmer. Cook, covered, stirring occasionally for 1 ½ hours until the chickpeas are tender. You may need to add a bit more water through this process to maintain a constant level. Taste the mixture. Chickpeas benefit from a late in the process seasoning method, so season them generously at this time. Then turn the heat off until you are nearly ready to serve. At that point, bring the liquid to a boil and add the pasta. Turn the heat to medium and cook until the pasta is al dente.
- ☐ Remove the rosemary branch and serve warm. Pass very good olive oil and Parmesan cheese at the table to garnish each serving.
- ☐ Serve with lots of rustic bread.

Nutrition Facts



Properties

Glycemic Index:59.72, Glycemic Load:29.15, Inflammation Score:-9, Nutrition Score:30.002173693284%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 764.99kcal (38.25%), Fat: 32.55g (50.07%), Saturated Fat: 8.31g (51.96%), Carbohydrates: 89.58g (29.86%), Net Carbohydrates: 78.99g (28.72%), Sugar: 10.37g (11.53%), Cholesterol: 20.4mg (6.8%), Sodium: 1705.72mg (74.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.81%), Manganese: 1.72mg (85.83%), Selenium: 58.76µg (83.95%), Folate: 257.98µg (64.49%), Vitamin A: 2619.36IU (52.39%), Phosphorus: 521.64mg (52.16%), Calcium: 428.85mg (42.88%), Fiber: 10.59g (42.37%), Copper: 0.63mg (31.54%), Magnesium: 108.05mg (27.01%), Vitamin E: 3.96mg (26.39%), Iron: 4.33mg (24.03%), Zinc: 3.46mg (23.05%), Vitamin B6: 0.42mg (21.19%), Vitamin K: 21.31µg (20.3%), Potassium: 708.01mg (20.23%), Vitamin B1: 0.3mg (19.97%), Vitamin B2: 0.26mg (15.26%), Vitamin B5: 1.2mg (12.05%), Vitamin B3: 2.41mg (12.03%), Vitamin B12: 0.36µg (6%), Vitamin C: 4.89mg (5.93%)