



Orecchiette with Chorizo and Swiss Chard

READY IN



40 min.

SERVINGS



6

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce .5 can cannellini beans rinsed cooked drained canned (or)
- 12 ounces chorizo fresh (casings removed if links)
- 6 servings kosher salt
- 3 tablespoons juice of lemon freshly squeezed (from 2 medium lemons)
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 pound orecchiette
- 1 ounce parmesan cheese finely grated plus more for serving
- 0.5 cup parsley fresh italian coarsely chopped

- 1 pound swiss chard red
- 2 tablespoons butter unsalted ()

Equipment

- bowl
- pot
- dutch oven

Directions

- Bring a large pot of heavily salted water to a boil over high heat. Meanwhile, trim the ends from the chard stems and discard.
- Cut off the stems at the base of the leaves and slice the stems crosswise into 1/4-inch pieces; place in a small bowl and set aside. Stack the leaves, cut them in half lengthwise, then coarsely chop them into bite-sized pieces; set aside. Once the water is boiling, add the pasta and cook 1 minute less than instructed by the package directions. Meanwhile, heat a 5-quart Dutch oven or pot over medium-high heat.
- Add the chorizo and cook, stirring occasionally, until browned, about 10 minutes. When the pasta is ready, reserve 1/2 cup of the cooking water, then drain the pasta and set it aside.
- Add the Swiss chard stems to the chorizo and cook, stirring occasionally, until just starting to soften, about 3 minutes.
- Add the leaves and cook, stirring occasionally, until wilted, about 3 minutes.
- Add the beans, drained pasta, and 1/4 cup of the reserved pasta water and stir to combine. Simmer, stirring occasionally and scraping up any browned bits from the bottom of the pot, until the pasta is fully cooked, adding more pasta water as needed, about 2 minutes.
- Remove from the heat and add the measured cheese, parsley, lemon zest and juice, butter, and oil. Stir until well combined and the butter has melted.
- Serve with extra Parmesan on the side.

Nutrition Facts

 PROTEIN 17.64%  FAT 33.64%  CARBS 48.72%

Properties

Glycemic Index:22.33, Glycemic Load:23.26, Inflammation Score:-10, Nutrition Score:25.517826095871%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 585.44kcal (29.27%), Fat: 21.95g (33.77%), Saturated Fat: 8.76g (54.73%), Carbohydrates: 71.55g (23.85%), Net Carbohydrates: 64.3g (23.38%), Sugar: 3.1g (3.45%), Cholesterol: 49.58mg (16.53%), Sodium: 598.44mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.81%), Vitamin K: 711.36µg (677.48%), Vitamin A: 5405.42IU (108.11%), Selenium: 50.17µg (71.68%), Manganese: 0.98mg (49.18%), Vitamin C: 32.66mg (39.59%), Iron: 5.32mg (29.58%), Fiber: 7.25g (28.99%), Magnesium: 106.05mg (26.51%), Phosphorus: 212.27mg (21.23%), Copper: 0.37mg (18.28%), Calcium: 147.78mg (14.78%), Potassium: 500.94mg (14.31%), Vitamin E: 2.03mg (13.53%), Zinc: 1.61mg (10.7%), Vitamin B6: 0.19mg (9.73%), Folate: 33.76µg (8.44%), Vitamin B3: 1.67mg (8.33%), Vitamin B2: 0.14mg (8.09%), Vitamin B1: 0.11mg (7.07%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.07µg (1.2%)