



Orecchiette with Greens, Mozzarella and Chickpeas

 Vegetarian

READY IN

ready

40 min.

SERVINGS

servings

40

CALORIES

calories

72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 large basil leaves
- ☐ 1 cup chickpeas dry canned drained
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 ounces mozzarella cheese fresh cut into 1/2-inch cubes
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.1 teaspoon ground coriander

- ☐ 0.1 teaspoon ground cumin
- ☐ 40 servings kosher salt and ground pepper black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 pound orecchiette
- ☐ 0.5 pound swiss chard stemmed coarsely chopped
- ☐ 40 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot of boiling salted water, cook the orecchiette until al dente.
- ☐ Drain, reserving 1/4 cup of the cooking water.
- ☐ Meanwhile, in a medium, deep skillet, heat 1/4 inch of vegetable oil until shimmering.
- ☐ Add the chickpeas and cook over high heat until crisp, 4 minutes.
- ☐ Transfer them to a paper towellined plate, sprinkle with the cumin and coriander and season with salt and black pepper. Discard the oil and wipe out the skillet.
- ☐ Add the olive oil, garlic and crushed red pepper to the skillet. Cook over moderately high heat until fragrant, 30 seconds.
- ☐ Add the tomatoes and cook until softened, 3 minutes.
- ☐ Add the chard and cook, stirring, until wilted, 5 minutes. Season with salt and black pepper.
- ☐ Add the pasta and reserved cooking water to the skillet and cook over moderate heat, stirring until incorporated.
- ☐ Add the mozzarella and basil and toss. Spoon the pasta into bowls, sprinkle with the chickpeas and serve.

Nutrition Facts



Properties

Glycemic Index:7.91, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:4.4534781737172%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 72.41kcal (3.62%), Fat: 4.98g (7.66%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.85g (1.76%), Sugar: 0.35g (0.39%), Cholesterol: 2.24mg (0.75%), Sodium: 42.3mg (1.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 53.91µg (51.35%), Vitamin A: 409.87IU (8.2%), Manganese: 0.13mg (6.54%), Selenium: 4.25µg (6.08%), Vitamin E: 0.57mg (3.83%), Phosphorus: 28.33mg (2.83%), Vitamin C: 2.33mg (2.82%), Magnesium: 10.06mg (2.51%), Fiber: 0.54g (2.17%), Calcium: 21.53mg (2.15%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (1.91%), Iron: 0.28mg (1.58%), Potassium: 54.48mg (1.56%), Zinc: 0.22mg (1.5%), Vitamin B2: 0.02mg (1.1%), Vitamin B12: 0.06µg (1.08%)