



 **29%**
HEALTH SCORE

Orecchiette with Pancetta and Broccoli

READY IN



15 min.

SERVINGS



4

CALORIES



745 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounces broccoli frozen dry thawed drained chopped
- 1 garlic clove smashed
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.8 pounds orecchiette
- 3 ounces pancetta sliced coarsely chopped
- 4 servings parmesan grated
- 3 tablespoons pinenuts
- 5 spring onion thinly sliced
- 2 tablespoons butter unsalted

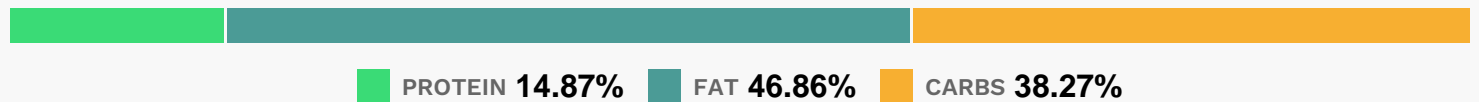
Equipment

- frying pan
- pot

Directions

- Cook orecchiette in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente.
- While pasta cooks, heat butter and oil with garlic in a 12-inch heavy skillet over medium-high heat until garlic starts to sizzle.
- Add nuts and cook, stirring, until pale golden. Discard garlic and stir in pancetta and scallions, then cook 1 minute. Stir in broccoli and 1/4 teaspoon each of salt and pepper and cook over high heat, stirring, 4 minutes.
- Reserve 1/2 cup pasta-cooking water, then drain pasta and stir into broccoli mixture.
- Add some of reserved water to moisten if needed.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:27, Inflammation Score:-8, Nutrition Score:31.115216960078%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 745.29kcal (37.26%), Fat: 39.07g (60.11%), Saturated Fat: 13.48g (84.28%), Carbohydrates: 71.79g (23.93%), Net Carbohydrates: 66.54g (24.2%), Sugar: 4.35g (4.83%), Cholesterol: 49.48mg (16.49%), Sodium: 653.5mg (28.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.81%), Vitamin K: 114.8µg (109.34%), Selenium: 66.87µg (95.52%), Manganese: 1.63mg (81.7%), Vitamin C: 66.33mg (80.4%), Phosphorus: 497.84mg (49.78%), Calcium: 422.58mg (42.26%), Magnesium: 97.86mg (24.47%), Vitamin E: 3.26mg (21.74%), Fiber: 5.25g (20.99%), Zinc: 3.12mg (20.82%), Copper: 0.41mg (20.69%), Vitamin A: 1010.43IU (20.21%), Folate: 74.44µg (18.61%),

Vitamin B6: 0.35mg (17.72%), Vitamin B2: 0.28mg (16.65%), Potassium: 574.29mg (16.41%), Vitamin B3: 3.25mg (16.26%), Vitamin B1: 0.23mg (15.64%), Iron: 2.67mg (14.81%), Vitamin B5: 1.07mg (10.73%), Vitamin B12: 0.48µg (7.97%), Vitamin D: 0.34µg (2.27%)