



Pappardelle with Pancetta, Broccoli Rabe, and Pine Nuts

READY IN



45 min.

SERVINGS



4

CALORIES



691 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bunch broccoli rabe generous sliced cut into 2-inch pieces (also called rapini; 1 pound)
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 3 garlic cloves peeled
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 1 medium onion chopped
- ☐ 3 ounces pancetta thinly sliced chopped
- ☐ 8.8 ounce pappardelle pasta dried
- ☐ 1 cup pecorino romano cheese freshly grated for serving

- ☐ 0.5 cup pinenuts toasted
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 cup water

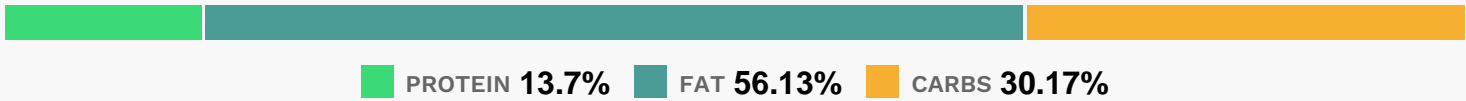
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add garlic and cook until golden brown, stirring frequently, about 3 minutes. Discard garlic.
- ☐ Add onion, pancetta, and fennel seeds to skillet; sauté until onion is tender and pancetta begins to brown, about 8 minutes.
- ☐ Add dried crushed red pepper, then broccoli rabe stems and cook 4 minutes to soften slightly, stirring occasionally. Stir in broccoli rabe tops, sprinkle with salt, and add 1 cup water. Cover and cook until stems and tops are tender, about 5 minutes. Season to taste with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain pasta, reserving 1 cup cooking liquid.
- ☐ Add pasta to skillet with broccoli rabe and stir over low heat to combine, adding reserved cooking liquid by tablespoonfuls to moisten if necessary. Stir in remaining 2 tablespoons oil and 1 cup cheese. Season to taste with salt and generous amount of pepper.
- ☐ Transfer to shallow bowl.
- ☐ Sprinkle with pine nuts and serve, passing additional cheese separately.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:19.7, Inflammation Score:-9, Nutrition Score:30.816521997037%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 691.1kcal (34.55%), Fat: 43.89g (67.53%), Saturated Fat: 10.67g (66.67%), Carbohydrates: 53.09g (17.7%), Net Carbohydrates: 48.12g (17.5%), Sugar: 3.37g (3.75%), Cholesterol: 92.42mg (30.81%), Sodium: 480.05mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Vitamin K: 145.23µg (138.31%), Manganese: 2.36mg (117.85%), Selenium: 58.21µg (83.16%), Phosphorus: 523.43mg (52.34%), Calcium: 371.32mg (37.13%), Vitamin A: 1675.1IU (33.5%), Vitamin E: 4.94mg (32.94%), Magnesium: 109.78mg (27.44%), Zinc: 3.72mg (24.8%), Copper: 0.48mg (24.08%), Vitamin B1: 0.35mg (23.09%), Iron: 3.9mg (21.64%), Fiber: 4.97g (19.86%), Vitamin B6: 0.39mg (19.54%), Folate: 77.8µg (19.45%), Vitamin B3: 3.71mg (18.53%), Vitamin C: 14.39mg (17.44%), Vitamin B2: 0.29mg (17.05%), Potassium: 487.48mg (13.93%), Vitamin B5: 1.08mg (10.76%), Vitamin B12: 0.57µg (9.45%), Vitamin D: 0.4µg (2.65%)