



WHATSheATE



Pasta with Chorizo and Chickpeas



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce garbanzo beans rinsed canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 pound ground sausage fresh italian hot
- ☐ 6 servings kosher salt
- ☐ 6 servings lemon zest finely grated (for serving)
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 12 ounces orecchiette dried (such as malloreddus or orecchiette)

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 small shallots chopped
- ☐ 2 tablespoons tomato paste

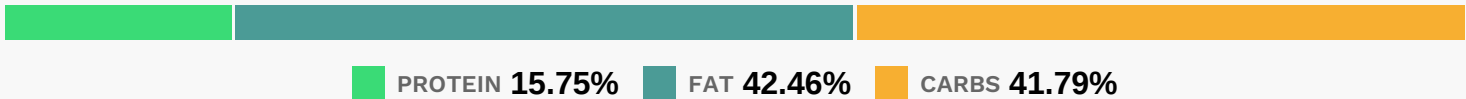
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shallots and cook, stirring often, until beginning to brown, about 3 minutes.
- ☐ Add chorizo and cook, breaking up with a spoon, until browned and cooked through, 5-7 minutes.
- ☐ Add tomato paste and red pepper flakes to skillet and cook, stirring, until paste darkens, about 1 minute.
- ☐ Add broth; bring to a boil, reduce heat, and simmer, stirring occasionally, until sauce is thickened, 15-20 minutes.
- ☐ Add chickpeas and cook until heated through, about 2 minutes.
- ☐ Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain pasta, reserving 1 cup pasta cooking liquid.
- ☐ Add pasta and 1/2 cup pasta cooking liquid to sauce. Cook, stirring and adding more cooking liquid as needed, until sauce thickens and coats pasta, about 3 minutes.
- ☐ Serve pasta topped with parsley, if using, Parmesan, and lemon zest.
- ☐ Per serving: 660 calories, 35 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.22, Glycemic Load:20.43, Inflammation Score:-5, Nutrition Score:18.757391411325%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 534.16kcal (26.71%), Fat: 25.21g (38.78%), Saturated Fat: 7.49g (46.81%), Carbohydrates: 55.82g (18.61%), Net Carbohydrates: 50.28g (18.28%), Sugar: 2.95g (3.28%), Cholesterol: 43.09mg (14.36%), Sodium: 879.01mg (38.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Selenium: 51.73µg (73.9%), Manganese: 1.18mg (58.92%), Vitamin B6: 0.64mg (31.95%), Phosphorus: 278.7mg (27.87%), Vitamin B1: 0.41mg (27.04%), Vitamin K: 25.58µg (24.37%), Fiber: 5.54g (22.17%), Vitamin B3: 4.19mg (20.97%), Copper: 0.39mg (19.43%), Zinc: 2.47mg (16.48%), Iron: 2.84mg (15.79%), Magnesium: 62.85mg (15.71%), Potassium: 532.56mg (15.22%), Vitamin B2: 0.18mg (10.37%), Vitamin B12: 0.59µg (9.91%), Folate: 38.03µg (9.51%), Vitamin B5: 0.78mg (7.85%), Vitamin E: 1.04mg (6.94%), Vitamin C: 5.07mg (6.15%), Calcium: 57.89mg (5.79%), Vitamin A: 254.13IU (5.08%)