



Pasta With Escarole

READY IN



35 min.

SERVINGS



4

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons breadcrumbs
- ☐ 1 head endive roughly chopped
- ☐ 2 cloves garlic thinly sliced
- ☐ 12 ounces gemelli
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 0.3 pound pancetta cut into thin strips
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 servings pepper freshly ground

- ☐ 1 tablespoon pinenuts
- ☐ 1 jalapeno red thinly sliced for less heat remove seeds

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook until just al dente, about 10 minutes.
- ☐ Add the escarole and cook, stirring occasionally, until tender, about 2 more minutes.
- ☐ Meanwhile, toast the pine nuts in a large skillet over medium-high heat, about 1 minute.
- ☐ Add 1 tablespoon olive oil, the breadcrumbs, and salt and pepper to taste; cook until golden, about 2 minutes.
- ☐ Transfer the mixture to a plate. Wipe out the skillet, add the pancetta and cook until crisp, about 5 minutes.
- ☐ Transfer to paper towels and blot dry.
- ☐ Add the remaining 1 tablespoon olive oil to the skillet, then add the garlic and jalapeno and cook until fragrant, about 1 minute.
- ☐ Drain the pasta and escarole, reserving 1 cup cooking water, and add to the skillet.
- ☐ Add half of the pancetta and toss, drizzling in enough pasta water to moisten. Season with salt and pepper.
- ☐ Divide the pasta among bowls, top with the breadcrumb mixture, remaining pancetta and the parmesan.
- ☐ Drizzle with olive oil.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 12.74%**  **FAT 35.77%**  **CARBS 51.49%**

Properties

Glycemic Index:48.5, Glycemic Load:25.92, Inflammation Score:-9, Nutrition Score:27.496087180532%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 565.74kcal (28.29%), Fat: 22.46g (34.56%), Saturated Fat: 5.6g (35%), Carbohydrates: 72.74g (24.25%), Net Carbohydrates: 66.11g (24.04%), Sugar: 3.15g (3.51%), Cholesterol: 20.89mg (6.96%), Sodium: 492.45mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18g (35.99%), Vitamin K: 266.57µg (253.88%), Selenium: 62.06µg (88.66%), Manganese: 1.57mg (78.43%), Vitamin A: 2504.72IU (50.09%), Folate: 182.28µg (45.57%), Phosphorus: 275.5mg (27.55%), Fiber: 6.64g (26.54%), Copper: 0.43mg (21.32%), Vitamin B1: 0.31mg (20.57%), Magnesium: 76.01mg (19%), Zinc: 2.79mg (18.62%), Potassium: 647.09mg (18.49%), Vitamin B3: 3.53mg (17.67%), Vitamin B5: 1.6mg (15.97%), Vitamin C: 12.83mg (15.55%), Iron: 2.66mg (14.77%), Vitamin E: 1.99mg (13.3%), Vitamin B6: 0.27mg (13.29%), Vitamin B2: 0.2mg (11.63%), Calcium: 113.27mg (11.33%), Vitamin B12: 0.19µg (3.22%)