



Pasta with Pancetta and Lentils

READY IN



25 min.

SERVINGS



4

CALORIES



677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 basil leaves plus more for topping roughly chopped
- ☐ 12 ounces bucatini pasta
- ☐ 14 ounce lentils drained canned
- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 4 cloves garlic thinly sliced
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil plus more for drizzling
- ☐ 0.5 cup onion finely chopped
- ☐ 2 ounces pancetta finely chopped

- ☐ 0.5 cup parmesan grated
- ☐ 0.5 teaspoon pepper flakes red

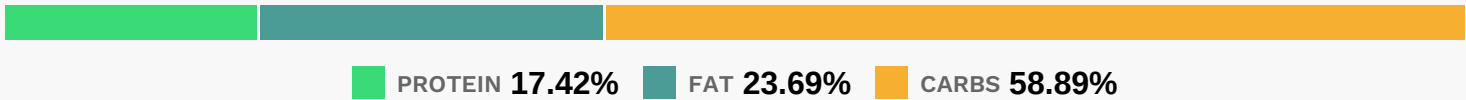
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs; drain.
- ☐ Meanwhile, heat the olive oil in a large skillet over medium heat.
- ☐ Add the pancetta and cook, stirring occasionally, until crisp, about 7 minutes.
- ☐ Add the onion and cook until soft, about 2 minutes.
- ☐ Add the garlic and red pepper flakes and cook, stirring, until the garlic begins to brown, about 2 minutes. Stir in the lentils, then add the tomatoes, 2 cups water, the basil and 1/2 teaspoon salt. Increase the heat to medium high and bring the sauce to a boil; cook 3 minutes. Reduce the heat to medium low and simmer, stirring occasionally, until slightly thickened, about 10 minutes.
- ☐ Add the pasta to the sauce along with half of the parmesan. Season with salt and toss. Divide among bowls; drizzle with olive oil and top with the remaining parmesan and more basil.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:65.92, Glycemic Load:34, Inflammation Score:-8, Nutrition Score:33.379130687403%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 677.48kcal (33.87%), Fat: 18.15g (27.92%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 101.54g (33.85%), Net Carbohydrates: 86.7g (31.53%), Sugar: 13.79g (15.32%), Cholesterol: 17.86mg (5.95%), Sodium: 762.5mg (33.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.04%), Selenium: 63.96µg (91.37%), Manganese: 1.73mg (86.36%), Fiber: 14.83g (59.33%), Folate: 226.08µg (56.52%), Phosphorus: 521.6mg (52.16%), Copper: 0.89mg (44.52%), Iron: 7.35mg (40.85%), Vitamin B6: 0.71mg (35.59%), Potassium: 1225.38mg (35.01%), Magnesium: 131.33mg (32.83%), Vitamin B1: 0.45mg (30.21%), Vitamin B3: 5.61mg (28.04%), Vitamin C: 22.31mg (27.04%), Calcium: 265.35mg (26.54%), Vitamin E: 3.89mg (25.92%), Zinc: 3.59mg (23.95%), Vitamin K: 20.43µg (19.46%), Vitamin B5: 1.73mg (17.33%), Vitamin B2: 0.29mg (17.13%), Vitamin A: 654.46IU (13.09%), Vitamin B12: 0.22µg (3.68%)