



## Roasted Cauliflower Fettuccine

READY IN



64 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 ounces cured bacon finely chopped
- 0.3 teaspoon pepper black
- 1 head cauliflower cut into florets
- 8 ounces fettuccine barilla uncooked
- 2 teaspoons thyme leaves fresh chopped
- 1.5 teaspoons garlic fresh minced
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1.5 teaspoons lemon rind grated

- 4.5 teaspoons olive oil divided
- 0.5 cup parmigiano-reggiano cheese shaved
- 3 tablespoons water

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- colander

## Directions

- Preheat oven to 400.
- Combine first 4 ingredients; drizzle with 2 teaspoons olive oil. Toss. Arrange mixture on a baking sheet; bake at 400 for 40 minutes or until cauliflower is tender and golden, stirring twice. Cook pasta according to package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.
- Heat a large skillet over medium heat.
- Add pancetta to pan, and cook for 5 minutes or until crisp, stirring frequently.
- Remove pancetta; set aside.
- Add remaining 2 1/2 teaspoons oil to drippings in pan.
- Add 1/2 cup reserved cooking liquid to drippings in pan; bring to a boil over high heat. Boil 30 seconds or until emulsified, stirring constantly with a whisk.
- Add rind, juice, thyme, and garlic to pan.
- Add pasta; toss.
- Remove from heat.
- Add cauliflower and pancetta; toss. Top with cheese.
- Serve immediately.

# Nutrition Facts

PROTEIN 16.85% FAT 33.72% CARBS 49.43%

## Properties

Glycemic Index:52.5, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:21.13652155192%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 390.95kcal (19.55%), Fat: 14.91g (22.93%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 44.14g (16.05%), Sugar: 4.05g (4.5%), Cholesterol: 63.14mg (21.05%), Sodium: 472.04mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.53%), Vitamin C: 73.66mg (89.28%), Selenium: 50.67µg (72.38%), Manganese: 0.76mg (38.2%), Phosphorus: 305.32mg (30.53%), Folate: 100.61µg (25.15%), Vitamin K: 25.71µg (24.49%), Vitamin B6: 0.45mg (22.37%), Calcium: 208.34mg (20.83%), Fiber: 5.03g (20.13%), Potassium: 618.11mg (17.66%), Vitamin B5: 1.61mg (16.11%), Magnesium: 63.77mg (15.94%), Vitamin B1: 0.21mg (13.78%), Zinc: 1.98mg (13.23%), Copper: 0.25mg (12.34%), Vitamin B3: 2.41mg (12.07%), Iron: 2.07mg (11.49%), Vitamin B2: 0.19mg (11.45%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.37µg (6.13%), Vitamin A: 185.61IU (3.71%), Vitamin D: 0.28µg (1.83%)