



## Spaghetti with Chorizo and Almonds

READY IN



35 min.

SERVINGS



4

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup almonds with skins, toasted sliced
- 14 ounce garbanzo beans rinsed drained canned
- 0.5 cup wine dry white
- 0.5 cup flat parsley chopped
- 6 garlic clove thinly sliced
- 1.5 cups chicken broth reduced-sodium
- 2 tablespoons olive oil extra virgin extra-virgin for drizzling
- 1 medium onion finely chopped
- 0.5 teaspoon saffron threads crumbled

- 12 ounces pasta like spaghetti dried thin ( coiled vermicelli noodles)
- 4 ounces chorizo spanish hot cut into 1/2-inch pieces (cured spiced pork sausage; not )
- 2 tablespoons butter unsalted cut into pieces
- 1.5 cups water

## Equipment

- paper towels
- sauce pan
- pot
- wooden spoon
- slotted spoon

## Directions

- Bring broth, water, wine, saffron, and 1/2 teaspoon salt to a boil in a small saucepan, then reduce heat and keep at a bare simmer.
- Heat oil in a 5- to 6-quart heavy pot over medium-high heat until it shimmers, then sauté garlic until pale golden, about 30 seconds.
- Transfer with a slotted spoon to paper towels to drain.
- Add chorizo and sauté until golden brown, about 3 minutes.
- Transfer with slotted spoon to paper towels with garlic.
- Add butter to pot and sauté onion until golden, about 5 minutes, then add pasta and sauté, breaking up fideos with a wooden spoon, until golden, about 4 minutes.
- Add broth mixture and cook, covered, until all liquid is absorbed, about 6 minutes. Stir in chickpeas, chorizo, garlic, parsley, and salt and pepper to taste.
- Serve pasta sprinkled with almonds and drizzled with oil.

## Nutrition Facts



PROTEIN 14.54%  FAT 36.82%  CARBS 48.64%

## Properties

Glycemic Index:73.58, Glycemic Load:30.45, Inflammation Score:-8, Nutrition Score:28.331738972146%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

## Nutrients (% of daily need)

Calories: 721.7kcal (36.09%), Fat: 28.86g (44.39%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 85.76g (28.59%), Net Carbohydrates: 76.43g (27.79%), Sugar: 4.45g (4.95%), Cholesterol: 32.77mg (10.92%), Sodium: 320.82mg (13.95%), Alcohol: 3.09g (100%), Alcohol %: 0.81% (100%), Protein: 25.63g (51.26%), Vitamin K: 128.1µg (122%), Manganese: 2.02mg (100.8%), Selenium: 57.09µg (81.56%), Fiber: 9.33g (37.34%), Vitamin B6: 0.73mg (36.28%), Phosphorus: 348.31mg (34.83%), Copper: 0.61mg (30.65%), Magnesium: 115.49mg (28.87%), Vitamin E: 4.27mg (28.49%), Iron: 4.21mg (23.38%), Vitamin A: 924IU (18.48%), Potassium: 615.96mg (17.6%), Zinc: 2.56mg (17.08%), Vitamin B3: 3.4mg (17%), Vitamin C: 13.52mg (16.39%), Folate: 62.46µg (15.61%), Vitamin B2: 0.25mg (14.72%), Calcium: 119.01mg (11.9%), Vitamin B1: 0.16mg (10.79%), Vitamin B5: 0.83mg (8.29%), Vitamin B12: 0.1µg (1.67%)