



Spaghetti with Escarole and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 0.3 pound bacon sliced thin
- ☐ 1 tablespoon butter
- ☐ 0.7 cup chicken broth low-sodium homemade canned
- ☐ 1.5 pounds endive cut into 1/2-inch strips 3 quarts
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 0.3 teaspoon red-pepper flakes

- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound pasta like spaghetti

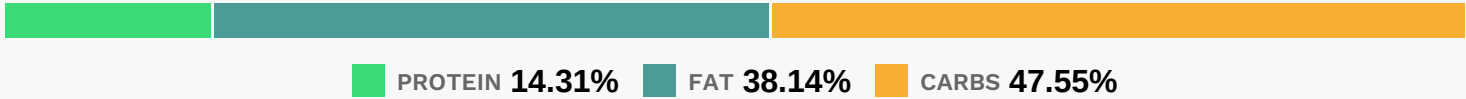
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large deep frying pan, cook the bacon over moderate heat until crisp.
- ☐ Remove the bacon with a slotted spoon.
- ☐ Pour off all the fat from the pan.
- ☐ In the same pan, heat the oil over moderately low heat.
- ☐ Add the garlic, red-pepper flakes, and anchovy paste and cook, stirring, until fragrant, about 30 seconds. Stir in the escarole, a little at a time, until wilted, about 3 minutes.
- ☐ Add the broth and 1/4 teaspoon of the salt and bring to a simmer. Reduce the heat and cook, covered, for 5 minutes.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- ☐ Drain the pasta; add it to the pan with the escarole. Stir in the remaining 1/4 teaspoon salt, the Parmesan, bacon, and butter.
- ☐ Variations
- ☐ Add two tablespoons of chopped fresh basil just before serving.
- ☐ Wine Recommendation: Italian white wines were made for dishes like this one. Soave, Orvieto, Frascati--all are based on the trebbiano grape and have the crisp, neutral, refreshing taste and light body that allow the pasta to take center stage.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:26, Inflammation Score:-10, Nutrition Score:31.737825911978%

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: 17.19mg, Kaempferol: 17.19mg, Kaempferol: 17.19mg, Kaempferol: 17.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 597.03kcal (29.85%), Fat: 25.35g (39%), Saturated Fat: 8.34g (52.15%), Carbohydrates: 71.12g (23.71%), Net Carbohydrates: 63.03g (22.92%), Sugar: 2.85g (3.16%), Cholesterol: 33.81mg (11.27%), Sodium: 773.84mg (33.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.8%), Vitamin K: 398.05µg (379.1%), Selenium: 63.58µg (90.82%), Vitamin A: 3887.21IU (77.74%), Manganese: 1.54mg (77.09%), Folate: 257.93µg (64.48%), Phosphorus: 329.15mg (32.92%), Fiber: 8.09g (32.34%), Potassium: 846.06mg (24.17%), Copper: 0.46mg (23.23%), Calcium: 218.76mg (21.88%), Zinc: 3.24mg (21.58%), Vitamin B3: 4.31mg (21.54%), Vitamin B5: 2.13mg (21.31%), Magnesium: 80.43mg (20.11%), Vitamin B1: 0.3mg (20.06%), Iron: 2.99mg (16.62%), Vitamin B2: 0.25mg (14.94%), Vitamin E: 2.2mg (14.64%), Vitamin C: 11.76mg (14.25%), Vitamin B6: 0.28mg (13.85%), Vitamin B12: 0.31µg (5.11%), Vitamin D: 0.19µg (1.29%)