



Spaghetti with Pancetta and Chickpeas

READY IN



30 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 5 cloves garlic thinly sliced
- ☐ 2 ounces grana padano cheese grated plus more for topping
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 3 ounces pancetta diced
- ☐ 1 cup parsley loosely packed roughly chopped
- ☐ 4 servings pepper freshly ground
- ☐ 1 jalapeno red seeded thinly sliced

☐ 12 ounces pasta like spaghetti

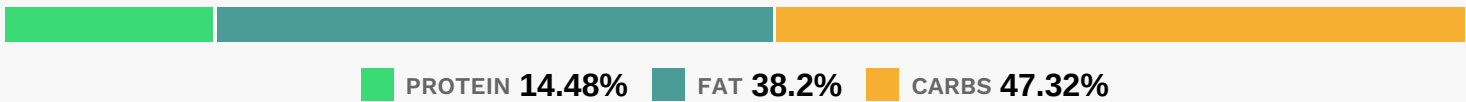
Equipment

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

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs. Reserve 1 cup cooking water, then drain the pasta.
- ☐ Meanwhile, cook the pancetta in a large skillet over medium-high heat, stirring occasionally, until crisp, about 6 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels.
- ☐ Add the olive oil, garlic and jalapeno to the skillet with the pancetta drippings and cook until the garlic softens, about 1 minute.
- ☐ Add the chickpeas and cook, lightly smashing them with the back of a spoon, until slightly golden, about 4 minutes. Stir in the parsley and season with salt and pepper.
- ☐ Add the pasta, pancetta and parmesan to the skillet along with the reserved cooking water; toss to combine. Season with salt and pepper. Divide among bowls, drizzle with more olive oil and top with more parmesan.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:62.08, Glycemic Load:30.17, Inflammation Score:-9, Nutrition Score:28.609999967658%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 685.29kcal (34.26%), Fat: 29.11g (44.79%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 81.14g (27.05%), Net Carbohydrates: 73.09g (26.58%), Sugar: 2.74g (3.04%), Cholesterol: 23.67mg (7.89%), Sodium: 871.91mg (37.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin K: 255.17µg (243.02%), Selenium: 63.91µg (91.3%), Manganese: 1.76mg (88.06%), Phosphorus: 390.88mg (39.09%), Vitamin B6: 0.77mg (38.55%), Fiber: 8.05g (32.2%), Vitamin C: 26.26mg (31.83%), Vitamin A: 1432.32IU (28.65%), Calcium: 252.64mg (25.26%), Copper: 0.46mg (23.07%), Magnesium: 91.99mg (23%), Iron: 3.73mg (20.74%), Zinc: 2.79mg (18.59%), Folate: 66.61µg (16.65%), Vitamin E: 2.3mg (15.34%), Potassium: 508.8mg (14.54%), Vitamin B3: 2.74mg (13.73%), Vitamin B1: 0.2mg (13.19%), Vitamin B5: 0.96mg (9.57%), Vitamin B2: 0.15mg (9.02%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.16µg (1.04%)