



Spaghettini with Spicy Escarole and Pecorino Romano

READY IN



45 min.

SERVINGS



6

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 fillet anchovy chopped
- ☐ 1.5 pounds endive cut into 1- to 2-inch strips (1 large head)
- ☐ 2 garlic cloves minced
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 6 servings pecorino romano cheese freshly grated
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 pound spaghettini
- ☐ 1 cup water

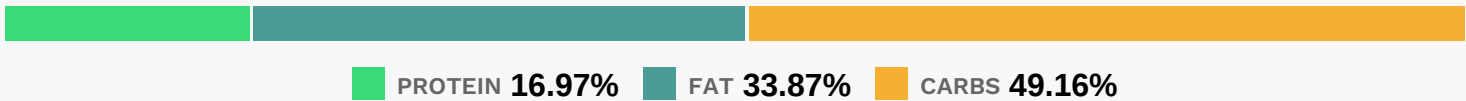
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in heavy large saucepan over medium heat.
- ☐ Add anchovies and dried crushed red pepper; stir 1 minute.
- ☐ Add garlic; stir 30 seconds. Stir in escarole.
- ☐ Add 1 cup water, cover pan, and reduce heat to low. Cook until escarole is tender, about 5 minutes. Season to taste with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain pasta, reserving 1 cup cooking liquid.
- ☐ Add pasta to escarole mixture and stir over low heat to combine, adding cooking liquid by tablespoonfuls to moisten if necessary. Stir in remaining 2 tablespoons oil. Divide pasta among shallow bowls, sprinkle with cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:23.21, Inflammation Score:-9, Nutrition Score:26.505652324013%

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: 11.46mg, Kaempferol: 11.46mg, Kaempferol: 11.46mg, Kaempferol: 11.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 502.7kcal (25.14%), Fat: 18.9g (29.07%), Saturated Fat: 6.71g (41.97%), Carbohydrates: 61.71g (20.57%), Net Carbohydrates: 55.73g (20.26%), Sugar: 2.54g (2.82%), Cholesterol: 32.4mg (10.8%), Sodium: 395.26mg (17.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.59%), Vitamin K: 268.41µg (255.63%), Selenium: 53.24µg (76.06%), Manganese: 1.2mg (59.75%), Vitamin A: 2607.64IU (52.15%), Folate: 176.97µg (44.24%), Phosphorus: 407.89mg (40.79%), Calcium: 400.34mg (40.03%), Fiber: 5.98g (23.94%), Zinc: 2.79mg (18.6%), Magnesium: 70.97mg (17.74%), Copper: 0.35mg (17.7%), Potassium: 563.84mg (16.11%), Vitamin B5: 1.49mg (14.93%), Vitamin B2: 0.25mg (14.61%), Vitamin E: 2.04mg (13.59%), Iron: 2.3mg (12.8%), Vitamin B1: 0.17mg (11.54%), Vitamin B3: 2.06mg (10.3%), Vitamin C: 7.68mg (9.31%), Vitamin B6: 0.17mg (8.63%), Vitamin B12: 0.35µg (5.81%)