



WHATSheATE



Spicy Spaghetti with Fennel and Herbs

READY IN



45 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5.5 teaspoons fennel seeds crushed
- ☐ 3 garlic clove chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 cups chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 ounce pancetta italian chopped (bacon)
- ☐ 4 tablespoons parsley fresh italian divided finely chopped
- ☐ 1.5 cups pecorino cheese divided finely grated
- ☐ 0.3 cup jalapeno red seeded finely chopped

☐ 1 pound pasta like spaghetti

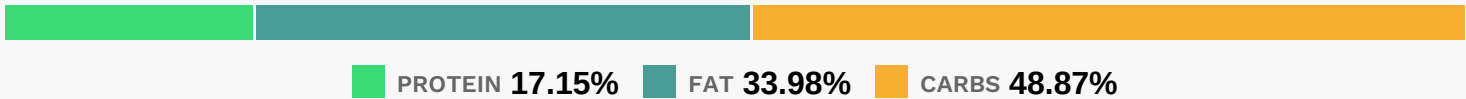
Equipment

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

Directions

- ☐ Sauté pancetta in large skillet over medium heat until pancetta is golden. Using slotted spoon, transfer pancetta to paper towels.
- ☐ Add 1 tablespoon oil to drippings in skillet.
- ☐ Add garlic and chiles; sauté over medium heat 1 minute.
- ☐ Add fennel; cook until beginning to soften, 5 minutes.
- ☐ Mix in broth, 2 tablespoons parsley, lemon juice, and fennel seeds. Bring to boil. Reduce heat to low, cover, and cook until fennel is very tender, 20 minutes.
- ☐ Remove from heat. Season with salt and pepper.
- ☐ Cook pasta until tender; drain. Reserve 1 cup cooking liquid. Return pasta to pot.
- ☐ Uncover skillet with fennel mixture and return to high heat. Cook until almost all liquid is absorbed, about 4 minutes.
- ☐ Add fennel to pasta. Stir in 2 tablespoons oil, 1/2 cup cheese, and pancetta.
- ☐ Add cooking liquid by 1/4 cupfuls if dry. Toss pasta; transfer to serving bowl.
- ☐ Sprinkle 2 tablespoons parsley over.
- ☐ Serve with cheese.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:13.858260722264%

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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 376.19kcal (18.81%), Fat: 14.16g (21.78%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 43.24g (15.72%), Sugar: 2.22g (2.47%), Cholesterol: 26.52mg (8.84%), Sodium: 315.35mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.16%), Selenium: 40.89µg (58.42%), Vitamin K: 36.43µg (34.7%), Manganese: 0.65mg (32.55%), Phosphorus: 291.3mg (29.13%), Calcium: 236.24mg (23.62%), Vitamin C: 15.38mg (18.64%), Magnesium: 47.96mg (11.99%), Copper: 0.23mg (11.38%), Vitamin B3: 2.22mg (11.12%), Zinc: 1.56mg (10.4%), Fiber: 2.57g (10.29%), Vitamin B6: 0.19mg (9.53%), Iron: 1.51mg (8.42%), Vitamin B2: 0.14mg (8.25%), Potassium: 268.26mg (7.66%), Vitamin B1: 0.1mg (6.87%), Vitamin A: 322.79IU (6.46%), Vitamin B12: 0.31µg (5.12%), Vitamin E: 0.73mg (4.85%), Folate: 17.04µg (4.26%), Vitamin B5: 0.42mg (4.17%)