



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.

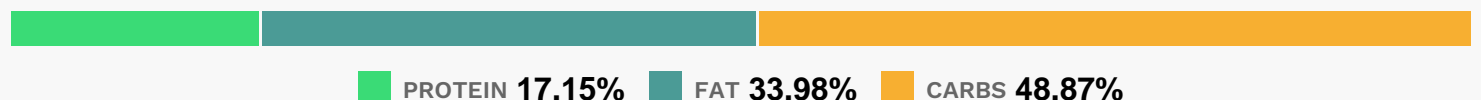
Add cooking liquid by 1/4 cupfuls if dry. Toss pasta; transfer to serving bowl.

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: 0g (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%)