



Strozzapreti Pasta with Broccoli Rabe & Guanciale

READY IN



20 min.

SERVINGS



4

CALORIES



750 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch broccoli rabe trimmed
- ☐ 1 cup coarse breadcrumbs plain
- ☐ 6 tablespoon olive oil
- ☐ 1 pound orecchiette pasta dried
- ☐ 1 cup parmesan grated shaved
- ☐ 4 servings salt
- ☐ 3 ounce unsmoked bacon

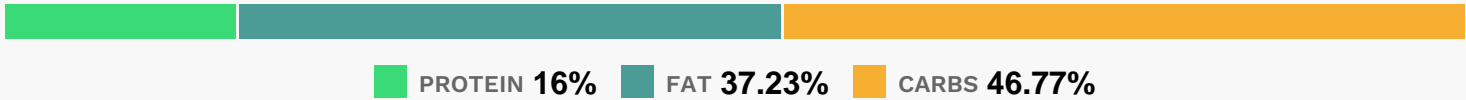
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cook broccoli rabe in a large pot of salted boiling water until tender, about 5 minutes. Reserving water, transfer broccoli rabe to a colander, then rinse under cold water to stop cooking. Gently squeeze out excess water, then roughly chop. In a large skillet, combine guanciale and 4 tablespoons oil; heat over medium heat and cook, stirring occasionally, until guanciale begins to crisp, about 4 minutes.
- ☐ Add broccoli rabe and continue cooking, stirring occasionally, for 3 minutes more.
- ☐ Transfer mixture to a large serving bowl (big enough to toss the pasta). Return skillet to medium heat; add remaining 2 tablespoons oil and breadcrumbs. Cook, stirring constantly, until breadcrumbs are golden, about 5 minutes; remove from heat. Return pot of salted water to a boil.
- ☐ Add pasta and cook until al dente. Reserving ½ cup of the pasta cooking liquid, drain pasta and add to bowl with broccoli rabe.
- ☐ Add breadcrumb mixture and ¼ cup of the pasta cooking liquid. Toss to combine. Moisten with extra pasta cooking liquid, if desired.
- ☐ Serve immediately, sprinkled with cheese.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:34.28, Inflammation Score:-9, Nutrition Score:28.773043425187%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 750.16kcal (37.51%), Fat: 30.93g (47.58%), Saturated Fat: 7.83g (48.96%), Carbohydrates: 87.45g (29.15%), Net Carbohydrates: 82.29g (29.92%), Sugar: 3.44g (3.82%), Cholesterol: 27.63mg (9.21%), Sodium: 29105.71mg (1265.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.81%), Vitamin K: 139.74µg (133.09%), Selenium: 83.25µg (118.92%), Manganese: 1.35mg (67.32%), Phosphorus: 480.73mg (48.07%), Calcium: 400.38mg (40.04%), Vitamin A: 1676.68IU (33.53%), Vitamin E: 4.16mg (27.76%), Vitamin B1: 0.36mg (24.2%), Magnesium: 87.88mg (21.97%), Fiber: 5.15g (20.62%), Zinc: 3.09mg (20.6%), Vitamin B3: 4.01mg (20.05%), Copper: 0.39mg (19.55%), Iron: 3.39mg (18.85%), Vitamin B6: 0.36mg (18.17%), Folate: 69.91µg (17.48%), Vitamin B2: 0.26mg (15.32%), Vitamin C: 11.41mg (13.83%), Potassium: 465.85mg (13.31%), Vitamin B5: 0.89mg (8.94%), Vitamin B12: 0.44µg (7.37%), Vitamin D: 0.72µg (4.8%)