



Tagliatelle with Chestnuts, Pancetta, and Sage

READY IN



30 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups honey whole crumbled peeled
- ☐ 8 ounces extra wide egg noodles dried
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 4 garlic clove minced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 3 ounces pancetta italian chopped (unsmoked cured bacon) (scant 1 cup)
- ☐ 1 cup parmesan finely grated

☐ 2 tablespoons butter unsalted

Equipment

☐ frying pan

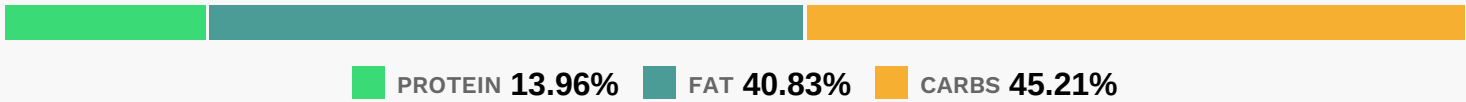
☐ pot

☐ colander

Directions

- ☐ Cook pancetta in oil in a 12-inch heavy skillet over moderate heat, stirring frequently, until beginning to brown, 3 to 4 minutes.
- ☐ Add onion and cook, stirring frequently, until beginning to brown, 2 to 3 minutes.
- ☐ Add garlic and 1 tablespoon sage and cook, stirring, 1 minute. Stir in chestnuts and remove from heat.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water according to package directions. Reserve 1 1/2 cups cooking water, then drain pasta in a colander and add to pancetta mixture in skillet.
- ☐ Add 1 cup reserved cooking water along with cheese and butter and cook, tossing constantly, over high heat until pasta is well coated (add more reserved water if necessary), about 1 minute.
- ☐ Add salt and pepper to taste and serve sprinkled with parsley and remaining tablespoon sage.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:20.41, Inflammation Score:-5, Nutrition Score:17.223478265431%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 404.54kcal (20.23%), Fat: 18.3g (28.16%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 43.93g (15.98%), Sugar: 1.37g (1.52%), Cholesterol: 62.47mg (20.82%), Sodium: 371.33mg (16.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.16%), Copper: 6.35mg (317.39%), Selenium: 36.77µg (52.54%), Manganese: 0.7mg (34.85%), Phosphorus: 249.45mg (24.94%), Calcium: 239.54mg (23.95%), Vitamin C: 16.75mg (20.3%), Vitamin B6: 0.3mg (14.99%), Vitamin K: 13.22µg (12.59%), Vitamin B1: 0.18mg (11.83%), Magnesium: 47.18mg (11.79%), Zinc: 1.62mg (10.79%), Potassium: 347.08mg (9.92%), Vitamin B3: 1.84mg (9.21%), Folate: 36.29µg (9.07%), Iron: 1.59mg (8.81%), Vitamin B5: 0.7mg (7.03%), Vitamin B2: 0.12mg (6.86%), Vitamin A: 341.34IU (6.83%), Fiber: 1.65g (6.61%), Vitamin B12: 0.39µg (6.47%), Vitamin E: 0.69mg (4.6%), Vitamin D: 0.32µg (2.16%)