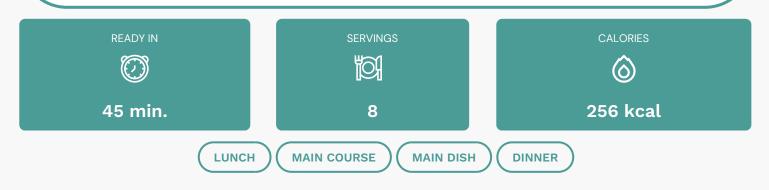


Walnut and Pancetta Pansoti with Asparagus in Parmesan Broth



Ingredients

1.5 cups asparagus halved lengthwise (from 2 lb asparagus)
0.3 teaspoon pepper black
0.8 teaspoon marjoram dried crumbled
2 tablespoons parsley fresh finely chopped
1 tablespoon olive oil
1 large onion finely chopped
3 ounce pancetta italian lean finely chopped (unsmoked cured bacon; not) ()
2 inch parmesan

	8 servings parmesan grated	
	24 squares bigoli pasta fresh (3 1/2-inch)	
	0.1 teaspoon pepper dried red hot	
	0.3 teaspoon salt	
	2 ounces walnuts finely chopped	
	2 cups water	
Equipment		
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	pot	
	sieve	
	plastic wrap	
	baking pan	
	ziploc bags	
	kitchen towels	
	slotted spoon	
Directions		
	Cook pancetta in oil in a large heavy skillet over moderately low heat, stirring frequently, until golden and fat is rendered, 10 to 12 minutes.	
	Add onion and marjoram and cook, stirring occasionally, until onion is well browned, 10 to 15 minutes.	
	Remove from heat and transfer half of mixture to a 2-quart saucepan and remaining half to a bowl. Stir walnuts, parsley, 1/8 teaspoon salt, and pepper into mixture in bowl. Cool filling.	
	Add water, red pepper flakes, and cheese rind to pancetta mixture in saucepan and simmer briskly, uncovered, until reduced to about 1 cup, about 12 minutes.	
	Pour through a fine sieve into a bowl and stir in remaining 1/8 teaspoon salt.	

	PROTEIN 23.42% FAT 66.33% CARBS 10.25%	
Nutrition Facts		
	· Pansoti can be formed (but not cooked) 1 day ahead. Arrange in 1 layer in a kitchen-towel-lined shallow baking pan and tightly cover with plastic wrap, then chill. · If you don't have time to make fresh pasta, you can use wonton wrappers (thawed if frozen), but the flavor and texture won't be as good. · Sauce can be made 1 day ahead and cooled, uncovered, then chilled, covered. · Asparagus tips can be boiled and refreshed 1 day ahead and chilled in a sealed plastic bag along with a paper towel to absorb excess moisture. (Asparagus stalks can be used for a puréed soup.)	
	Transfer pansoti to plates with slotted spoon, then top with some sauce and sprinkle with asparagus tips.	
	Transfer pansoti with a slotted spoon to sauce and cook over moderate heat, stirring gently, 1 minute.	
	Heat sauce in a 12-inch skillet over moderate heat until hot.	
	While pansoti are boiling, cook asparagus tips in oil in a small skillet over low heat until heated through, 1 to 2 minutes.	
	Bring a 6-quart pot of salted water to a boil, then add pansoti and cook at a strong simmer, gently stirring once or twice, until tender, 3 to 5 minutes.	
	Drain and pat dry.	
	Drain in a sieve and plunge into a bowl of ice and cold water to stop cooking.	
	Cook asparagus tips in a small saucepan of salted boiling water until crisp-tender, about 2 minutes.	
	Transfer to a dry kitchen towel. Make more pansoti in same manner.	
	Place 1 level teaspoon filling in center of 1 pasta square, keeping remaining squares covered tightly with plastic wrap. Moisten edges of pasta square with water and fold in half to form a triangle, pressing around filling to force out air (air pockets increase the chance of pansoti breaking during cooking) and then pressing edges to seal.	

Properties

Glycemic Index:24.63, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:10.822173973788%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 19.14g (29.44%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.26g (1.91%), Sugar: 1.72g (1.92%), Cholesterol: 31.36mg (10.45%), Sodium: 671.16mg (29.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 15.2g (30.41%), Calcium: 407.74mg (40.77%), Phosphorus: 290.1mg (29.01%), Vitamin K: 28.92µg (27.54%), Manganese: 0.34mg (17.04%), Selenium: 10.5µg (14.99%), Vitamin A: 546.1lU (10.92%), Vitamin B2: 0.18mg (10.73%), Copper: 0.2mg (10.07%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.13mg (8.86%), Magnesium: 34.86mg (8.71%), Folate: 32.7µg (8.17%), Vitamin B12: 0.45µg (7.56%), Vitamin B6: 0.15mg (7.3%), Iron: 1.29mg (7.15%), Fiber: 1.38g (5.54%), Vitamin C: 4.22mg (5.12%), Potassium: 172.93mg (4.94%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.73mg (4.85%), Vitamin B5: 0.36mg (3.6%), Vitamin D: 0.21µg (1.37%)