

# Broccoli Rabe with Pancetta and Garlic

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-roast-pork-with-broccoli-rabe-recipe>

## Ingredients:

- 2 pounds broccoli rabe trimmed and cut into bite-
- 3 ounces pancetta diced
- 3 garlic cloves chopped
- 3 tablespoons extra-virgin olive oil
- 1 pinch hot red pepper flakes optional
- salt to taste
- 1/2 lemon or to taste

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 500 milligrams

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