



Angel Hair Pasta with Prosciutto and Mushroom Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce alfredo sauce light refrigerated (such as Buitoni)
- 9 ounce angel hair pasta refrigerated
- 1 cup baby peas green frozen thawed
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup less-sodium chicken broth dry white fat-free
- 0.5 cup less-sodium chicken broth fat-free
- 5 cloves garlic minced
- 8 ounce mushrooms quartered

- 0.3 cup parmesan cheese fresh shredded
- 2 ounces pancetta very thinly sliced sliced (4 slices)
- 0.3 cup julienne-cut ready-to-eat sun-dried tomatoes dry (such as California Sun)

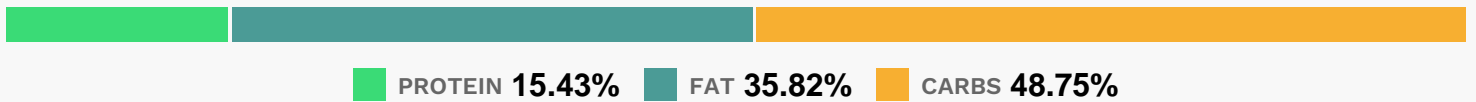
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add mushrooms, and saut 5 minutes or until tender.
- Add sun-dried tomatoes, garlic, and prosciutto; saut 2 minutes.
- Add wine and broth; bring to a boil. Boil 3 minutes or until liquid is reduced to 1/2 cup. Stir in peas, pepper, and Alfredo sauce.
- Drain pasta, and return to pan.
- Add sauce, and toss gently to coat. Spoon pasta into individual bowls, and sprinkle with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.33, Glycemic Load:22.29, Inflammation Score:-6, Nutrition Score:19.557825990345%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 515.89kcal (25.79%), Fat: 20.49g (31.53%), Saturated Fat: 8.99g (56.18%), Carbohydrates: 62.74g (20.91%), Net Carbohydrates: 57.07g (20.75%), Sugar: 8.77g (9.75%), Cholesterol: 60.1mg (20.03%), Sodium: 918.93mg (39.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.73%), Selenium: 52.67µg (75.24%), Manganese: 0.99mg (49.54%), Phosphorus: 309.1mg (30.91%), Copper: 0.56mg (27.97%), Vitamin B3: 5.44mg (27.22%), Vitamin C: 19.56mg (23.7%), Vitamin B2: 0.4mg (23.32%), Fiber: 5.66g (22.65%), Potassium: 716.01mg (20.46%), Vitamin B1: 0.29mg (19.29%), Magnesium: 70.59mg (17.65%), Vitamin B6: 0.33mg (16.61%), Vitamin B5: 1.51mg (15.06%), Zinc: 2.18mg (14.52%), Iron: 2.55mg (14.15%), Folate: 50.52µg (12.63%), Vitamin K: 12.59µg (11.99%), Calcium: 116.59mg (11.66%), Vitamin A: 393.16IU (7.86%), Vitamin B12: 0.28µg (4.7%), Vitamin E: 0.2mg (1.36%), Vitamin D: 0.2µg (1.34%)