



Black Pepper Pasta Salad with Prosciutto, Asparagus, and Romano

READY IN



35 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups asparagus () (1 pound)
- 1 teaspoon pepper black freshly ground
- 8 ounces pasta uncooked
- 1 tablespoon tarragon fresh chopped
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 6 tablespoons mayonnaise light
- 1 teaspoon olive oil

- 0.3 cup pecorino cheese packed grated
- 2 ounces pancetta chopped
- 1 Dash salt
- 0.5 cup shallots thinly sliced
- 1 cup tomatoes diced

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add asparagus during the last 2 minutes of cooking.
- Drain and rinse under cold water; drain.
- Heat a large nonstick skillet over medium-high heat.
- Add olive oil to pan, and swirl to coat.
- Add prosciutto, and cook for 6 minutes or until crisp, stirring occasionally.
- Remove prosciutto from pan using a slotted spoon, leaving drippings in pan.
- Drain prosciutto on paper towels.
- Add the shallots to drippings in pan; cook over medium heat for 1 minute or until shallots are tender, stirring frequently.
- Combine mayonnaise, lemon rind, tarragon, juice, pepper, and salt in a large bowl; stir well.
- Add pasta, asparagus, three-fourths prosciutto, shallots, tomato, and cheese; toss well to coat. Top servings evenly with remaining prosciutto.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:9.92, Inflammation Score:-6, Nutrition Score:10.607826076124%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 208.47kcal (10.42%), Fat: 7.39g (11.37%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 25.61g (9.31%), Sugar: 3.87g (4.3%), Cholesterol: 10.69mg (3.56%), Sodium: 194.66mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.67%), Selenium: 21.61µg (30.87%), Vitamin K: 28.96µg (27.58%), Manganese: 0.51mg (25.41%), Phosphorus: 139.96mg (14%), Vitamin A: 601.36IU (12.03%), Iron: 2.06mg (11.46%), Fiber: 2.82g (11.3%), Copper: 0.22mg (10.86%), Folate: 42.99µg (10.75%), Vitamin C: 8.76mg (10.62%), Vitamin B6: 0.2mg (9.92%), Vitamin B1: 0.14mg (9.24%), Potassium: 313.14mg (8.95%), Magnesium: 33.71mg (8.43%), Calcium: 82.31mg (8.23%), Vitamin B2: 0.13mg (7.56%), Vitamin B3: 1.49mg (7.44%), Vitamin E: 1.06mg (7.04%), Zinc: 1mg (6.67%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.08µg (1.37%)