



Bow Tie Pasta with Corn, Thyme, and Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.3 cup chives finely chopped (from)
- 2 cups corn kernels frozen thaw (no need to if)
- 1 cup wine dry white
- 6 medium garlic clove finely chopped
- 1.3 cups cup heavy whipping cream
- 1.8 teaspoons kosher salt as needed plus more
- 2 tablespoons olive oil

- 1 ounce parmesan cheese finely grated plus more for serving
- 0.5 cup shallots thinly sliced (from 2 medium shallots)
- 1 pound .5 oz. macaroni such as farfalle
- 4 large thyme sprigs

Equipment

- frying pan
- pot
- colander

Directions

- Set a colander in the sink. Bring a large pot of generously salted water to a boil over high heat.
- Add the pasta and cook according to the package directions or until al dente. Meanwhile, start the sauce.
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the shallots and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 3 minutes.
- Add the wine and thyme sprigs, bring to a simmer, and cook, stirring occasionally, until the wine has reduced by about three-quarters, about 4 to 5 minutes.
- Remove the pan from the heat and set it aside. When the pasta is ready, reserve 1/2 cup of the cooking water, drain, and return the pasta to the pot; set aside. To finish the sauce, return the frying pan to medium-high heat, add the corn, cream, and measured salt and pepper, stir to combine, and bring to a simmer.
- Place the reserved pot of pasta over low heat and pour in the cream-corn mixture.
- Add the measured cheese, chives, and half of the reserved pasta water and stir to combine. Cook, stirring occasionally, until the cheese has melted and the sauce has thickened slightly (it'll be loose but will thicken more as it sits), adding more pasta water as needed. Taste, season with additional salt and pepper as desired, and serve immediately with the extra Parmesan on the side.

Nutrition Facts



■ PROTEIN 10.19% ■ FAT 40.09% ■ CARBS 49.72%

Properties

Glycemic Index:32.83, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:15.315652049106%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 599.67kcal (29.98%), Fat: 25.76g (39.63%), Saturated Fat: 13.14g (82.1%), Carbohydrates: 71.89g (23.96%), Net Carbohydrates: 67.53g (24.56%), Sugar: 7.89g (8.77%), Cholesterol: 60.14mg (20.05%), Sodium: 896.04mg (38.96%), Alcohol: 4.12g (100%), Alcohol %: 2.04% (100%), Protein: 14.73g (29.46%), Selenium: 51.97µg (74.24%), Manganese: 0.94mg (47.23%), Phosphorus: 252.17mg (25.22%), Vitamin A: 900.08IU (18%), Fiber: 4.36g (17.45%), Magnesium: 63.12mg (15.78%), Copper: 0.28mg (13.99%), Vitamin B6: 0.28mg (13.94%), Vitamin B2: 0.22mg (13.06%), Potassium: 413.11mg (11.8%), Zinc: 1.75mg (11.67%), Calcium: 113.4mg (11.34%), Folate: 45.36µg (11.34%), Vitamin B3: 1.99mg (9.97%), Iron: 1.78mg (9.89%), Vitamin E: 1.3mg (8.66%), Vitamin K: 8.61µg (8.2%), Vitamin B1: 0.12mg (8.07%), Vitamin B5: 0.76mg (7.64%), Vitamin C: 5.72mg (6.93%), Vitamin D: 0.82µg (5.45%), Vitamin B12: 0.14µg (2.39%)