



WHATSheATE



Bow-Tie Salad with Fennel, Prosciutto, and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



596 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bow ties
- ☐ 1 pound fennel bulb sliced thin
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 pound parmesan cheese grated chunk
- ☐ 0.3 pound thin- prosciutto cut into strips
- ☐ 0.3 teaspoon salt

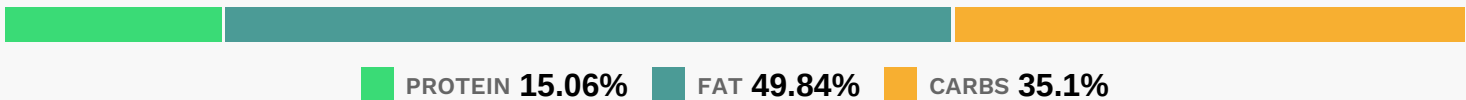
Equipment

- ☐ bowl
- ☐ pot
- ☐ peeler

Directions

- ☐ In a large pot of boiling, salted water, cook the bow ties until just done, about 15 minutes.
- ☐ Drain. Rinse with cold water and drain thoroughly.
- ☐ In a large bowl, toss together the bow ties, fennel, oil, lemon juice, salt, and 1/4 teaspoon of the pepper.
- ☐ Add the prosciutto and toss again.
- ☐ To serve, mound the salad on plates. Top with strips of Parmesan shaved from the chunk of cheese with a vegetable peeler or with the grated Parmesan.
- ☐ Sprinkle the remaining 1/4 teaspoon pepper over the cheese.
- ☐ Test-Kitchen Tip: The easiest way to slice fennel is to cut off the stalks, cut the bulb in half from the top through the root end, lay each half flat-side down, and slice. For that matter, this is a good technique for almost any round fruit or vegetable.
- ☐ Wine Recommendation: Have some fun with this dish and try a bottle of the sparkling Italian wine Prosecco. It should go nicely with the fennel.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:19.44, Inflammation Score:-6, Nutrition Score:21.135652303696%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 596.47kcal (29.82%), Fat: 33.18g (51.05%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 47.15g (17.15%), Sugar: 6.39g (7.1%), Cholesterol: 37.99mg (12.66%), Sodium: 849.94mg (36.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.13%), Vitamin K: 80.29µg (76.47%), Selenium: 48.72µg (69.61%), Calcium: 406.33mg (40.63%), Phosphorus: 402.42mg (40.24%), Manganese: 0.78mg (38.92%), Fiber: 5.42g (21.66%), Vitamin C: 16.51mg (20.01%), Potassium: 689.33mg (19.7%), Vitamin E: 2.86mg (19.08%), Magnesium: 66.09mg (16.52%), Vitamin B3: 2.92mg (14.58%), Zinc: 2.15mg (14.32%), Copper: 0.26mg (13.22%), Vitamin B6: 0.24mg (11.96%), Iron: 2.02mg (11.23%), Vitamin B2: 0.19mg (11.12%), Folate: 44.35µg (11.09%), Vitamin B1: 0.15mg (10.25%), Vitamin B5: 0.81mg (8.07%), Vitamin B12: 0.48µg (8.03%), Vitamin A: 385.67IU (7.71%), Vitamin D: 0.26µg (1.7%)