

Bowtie Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 cup cooking wine dry white
- ☐ 16 ounce farfalle pasta
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 cup onion diced finely
- ☐ 1 cup peas green frozen thawed
- ☐ 0.3 pound pancetta thinly sliced chopped
- ☐ 1 pound tomatoes diced seeded

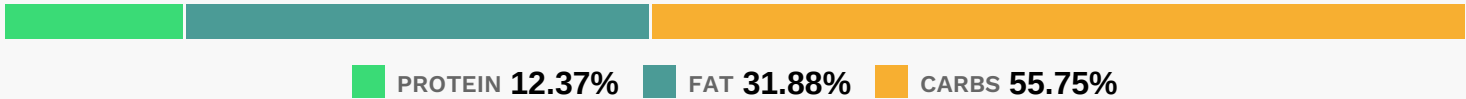
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot of boiling salted water cook farfalle until al dente.
- ☐ Drain.
- ☐ Meanwhile, in a large skillet saute onion in butter or margarine until soft and tender.
- ☐ Add prosciutto and saute with onion 2 minutes.
- ☐ Add dry white wine and let simmer for 2 additional minutes.
- ☐ Add thawed tomatoes, peas, and ground black pepper; stir well. Cover and simmer for 10 minutes.
- ☐ In a large bowl toss drained farfalle pasta with prosciutto mixture.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:24.8, Inflammation Score:-8, Nutrition Score:16.112173894177%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 490.47kcal (24.52%), Fat: 16.58g (25.5%), Saturated Fat: 7.63g (47.68%), Carbohydrates: 65.21g (21.74%), Net Carbohydrates: 60.25g (21.91%), Sugar: 6.24g (6.93%), Cholesterol: 32.81mg (10.94%), Sodium: 197.51mg (8.59%), Alcohol: 3.09g (100%), Alcohol %: 1.58% (100%), Protein: 14.48g (28.95%), Selenium: 52.21µg (74.58%), Manganese: 0.95mg (47.28%), Vitamin C: 21.01mg (25.47%), Phosphorus: 226.04mg (22.6%), Vitamin A: 1058.78IU (21.18%), Fiber: 4.96g (19.82%), Copper: 0.32mg (16.06%), Magnesium: 63.32mg (15.83%), Vitamin B3: 3.05mg (15.26%), Vitamin B1: 0.22mg (14.71%), Vitamin B6: 0.29mg (14.53%), Potassium: 488.51mg (13.96%), Vitamin K: 13.04µg (12.42%), Zinc: 1.79mg (11.9%), Folate: 43.79µg (10.95%), Iron: 1.74mg (9.67%), Vitamin B2: 0.12mg (6.97%), Vitamin B5: 0.56mg (5.65%), Vitamin E: 0.83mg (5.51%), Calcium: 38.9mg (3.89%), Vitamin B12: 0.11µg (1.84%)