



Campanelle with Salsa Arrabbiata

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 28 ounce canned tomatoes undrained chopped canned
- 1.5 tablespoons olive oil
- 1.5 cups onion ()
- 4 ounces parmesan grated
- 1 pound soup noodles uncooked
- 0.5 cup pepperoncini peppers seeded drained thinly sliced
- 3 ounce pancetta cut into 1/2-inch pieces
- 2 teaspoons salt

6 quarts water

Equipment

bowl

pot

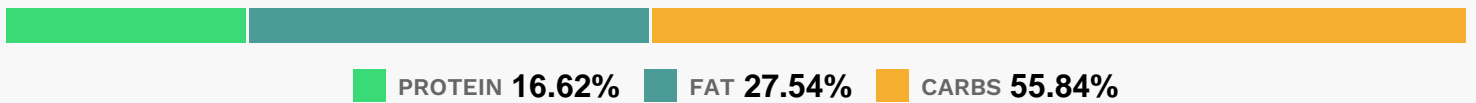
dutch oven

colander

Directions

- Bring 6 quarts water and 2 teaspoons salt to a boil in a large stockpot. Stir in campanelle pasta; partially cover, and return to a boil, stirring frequently. Cook 6 minutes or until pasta is almost al dente, stirring occasionally.
- Drain pasta in a colander over a bowl, reserving 1 cup cooking water.
- While pasta cooks, heat oil in a Dutch oven over medium-high heat.
- Add onion, bay leaves, and prosciutto; saut 5 minutes or until onion softens.
- Add peppers, and saut 1 minute. Stir in reserved 1 cup cooking water and tomatoes; bring to a boil. Reduce heat, and simmer 10 minutes or until sauce thickens. Discard bay leaves.
- Add pasta to Dutch oven; cook 1 minute, stirring well to coat, or until pasta is al dente.
- Remove from heat; stir in cheese.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:26.39, Inflammation Score:-7, Nutrition Score:21.263043351795%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 505.89kcal (25.29%), Fat: 15.61g (24.02%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 71.21g (23.74%), Net Carbohydrates: 65.23g (23.72%), Sugar: 9.89g (10.99%), Cholesterol: 22.21mg (7.4%), Sodium: 1401.28mg (60.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.38%), Selenium: 55.91µg (79.87%), Manganese: 1.01mg (50.44%), Phosphorus: 351.76mg (35.18%), Calcium: 325.31mg (32.53%), Copper: 0.65mg (32.51%), Vitamin C: 23.7mg (28.73%), Fiber: 5.98g (23.91%), Magnesium: 91.84mg (22.96%), Vitamin B6: 0.45mg (22.32%), Potassium: 686.98mg (19.63%), Vitamin B3: 3.7mg (18.49%), Iron: 3.1mg (17.19%), Vitamin E: 2.42mg (16.15%), Vitamin B1: 0.24mg (16.04%), Zinc: 2.3mg (15.35%), Vitamin B2: 0.2mg (12.06%), Folate: 42.82µg (10.7%), Vitamin K: 10.66µg (10.15%), Vitamin A: 476.32IU (9.53%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.3µg (4.96%), Vitamin D: 0.15µg (1.01%)