

Capellini al Forno

READY IN



78 min.

SERVINGS



8

CALORIES



846 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 cup breadcrumbs plain
- 6 tablespoons butter unsalted diced for greasing pan at room temperature
- 1 pound capellini pasta (angel hair)
- 3 eggs beaten at room temperature
- 0.8 cup flat-leaf parsley fresh chopped
- 1 tablespoon kosher salt
- 3 tablespoons olive oil
- 1 cup parmesan grated

- 1 pound pancetta sliced coarsely chopped
- 8 ounces mozzarella cheese smoked shredded
- 25 ounce tomato-basil sauce warmed

Equipment

- bowl
- frying pan
- oven
- pot

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter the bottom and sides of a 9-inch diameter nonstick spring form pan. Set aside.
- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 4 to 5 minutes.
- Drain well and place in a large bowl.
- Add 4 tablespoons butter, 1 cup Parmesan, eggs, parsley, salt and pepper. Toss well until coated.
- Sprinkle 1/4 cup breadcrumbs in the bottom of the prepared pan.
- Spread 1/3 of the seasoned pasta on top. Arrange half of the prosciutto in a single layer on top.
- Sprinkle half of the mozzarella on top.
- Add 1/3 of the pasta and push down lightly to form an even layer. Repeat the layers with 1/4 cup breadcrumbs, the remaining pasta, prosciutto, and mozzarella. In a small bowl, mix the remaining 1/2 cup breadcrumbs and Parmesan together.
- Sprinkle over the layers and dot with the remaining 2 tablespoons butter.
- Drizzle with olive oil and bake until light golden on top, 45 to 50 minutes. Cool for 10 minutes.
- Remove the sides of the pan and cut the pasta into wedges.

Serve with warm marinara sauce.

Nutrition Facts

PROTEIN 14.73% **FAT 54.9%** **CARBS 30.37%**

Properties

Glycemic Index:20, Glycemic Load:17.38, Inflammation Score:-8, Nutrition Score:25.886087272478%

Flavonoids

Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 845.89kcal (42.29%), Fat: 51.15g (78.7%), Saturated Fat: 20.62g (128.9%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 58.15g (21.15%), Sugar: 9.24g (10.26%), Cholesterol: 152.27mg (50.76%), Sodium: 2088.62mg (90.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.77%), Vitamin K: 98.42µg (93.73%), Selenium: 63.45µg (90.65%), Phosphorus: 437.04mg (43.7%), Calcium: 380.18mg (38.02%), Manganese: 0.71mg (35.47%), Vitamin A: 1668.51IU (33.37%), Vitamin B1: 0.36mg (24.25%), Fiber: 5.51g (22.02%), Vitamin B12: 1.29µg (21.53%), Vitamin B3: 4.3mg (21.48%), Zinc: 3.12mg (20.82%), Vitamin B2: 0.34mg (20.06%), Potassium: 641.71mg (18.33%), Iron: 3.06mg (17.02%), Vitamin B6: 0.3mg (15.18%), Magnesium: 59.28mg (14.82%), Vitamin C: 11.73mg (14.22%), Copper: 0.26mg (12.76%), Folate: 44.17µg (11.04%), Vitamin E: 1.62mg (10.77%), Vitamin B5: 1.02mg (10.21%), Vitamin D: 0.89µg (5.93%)