



Cavatappi with Prosciutto and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 pound pasta uncooked
- 2 tablespoons olive oil extravirgin
- 1 tablespoon parsley fresh finely chopped
- 1 garlic clove minced
- 1 ounce parmesan fresh shaved
- 1 ounce pancetta very thin cut into thin strips
- 0.5 teaspoon salt

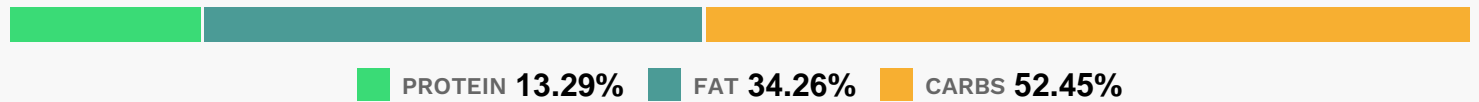
Equipment

- bowl
- frying pan
- colander

Directions

- Cook pasta according to the package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 3 tablespoons cooking liquid.
- Heat pan over medium heat. Coat pan with cooking spray.
- Add garlic to pan, and saut 1 minute.
- Remove from heat.
- Add reserved 3 tablespoons cooking liquid and pasta to pan; let stand 2 minutes. Stir in parsley, oil, salt, pepper, and prosciutto; sprinkle with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:17.19, Inflammation Score:-3, Nutrition Score:9.3943479190702%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 331.68kcal (16.58%), Fat: 12.52g (19.26%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 41.2g (14.98%), Sugar: 1.59g (1.76%), Cholesterol: 9.5mg (3.17%), Sodium: 455.42mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.85%), Selenium: 38.97µg (55.68%), Manganese: 0.57mg (28.44%), Vitamin K: 21.21µg (20.2%), Phosphorus: 168.68mg (16.87%), Calcium: 100.27mg (10.03%),

Copper: 0.18mg (8.82%), Magnesium: 35.14mg (8.79%), Fiber: 1.93g (7.71%), Vitamin E: 1.13mg (7.51%), Zinc: 1.1mg (7.34%), Vitamin B3: 1.29mg (6.45%), Vitamin B6: 0.12mg (5.84%), Iron: 0.96mg (5.36%), Vitamin B1: 0.08mg (5.07%), Potassium: 158.99mg (4.54%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.33mg (3.28%), Folate: 12.29µg (3.07%), Vitamin A: 143.65IU (2.87%), Vitamin B12: 0.12µg (2.01%), Vitamin C: 1.56mg (1.9%)