



Creamy Garlic Pasta with Mushrooms and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



814 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 12 ounces mushrooms cut into 1/2-inches pieces
- 3 large garlic clove
- 1 cup chicken broth canned
- 0.5 cup parmesan cheese freshly grated
- 4 servings parmesan cheese freshly grated
- 1.5 cups peas green frozen thawed
- 12 ounces penne pasta

- 8 pancetta thin
- 0.3 teaspoon pepper dried red crushed
- 0.8 cup whipping cream

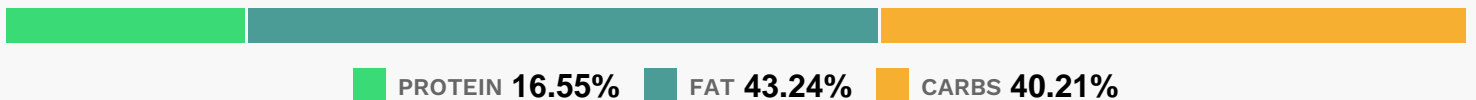
Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Bring broth, cream, garlic, and crushed red pepper to boil in medium saucepan. Reduce heat and simmer until liquid is reduced to 3/4 cup, about 20 minutes.
- Remove from heat.
- Mix in 1/2 cup Parmesan cheese; cover and keep warm.
- Melt butter in large nonstick skillet over medium-high heat.
- Add mushrooms; sauté until brown and tender, about 8 minutes.
- Remove from heat.
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- Drain pasta and return to pot.
- Add cream mixture, mushrooms and peas and stir over low heat until well coated with sauce, about 3 minutes.
- Mix in prosciutto. Cover and let stand 1 minute.
- Transfer to bowl.
- Serve, passing additional Parmesan cheese separately.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:28.45, Inflammation Score:-8, Nutrition Score:29.746956410615%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 813.89kcal (40.69%), Fat: 39.37g (60.57%), Saturated Fat: 21.2g (132.53%), Carbohydrates: 82.37g (27.46%), Net Carbohydrates: 75.61g (27.49%), Sugar: 8.48g (9.42%), Cholesterol: 105.49mg (35.16%), Sodium: 916.43mg (39.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.9g (67.8%), Selenium: 82.45µg (117.78%), Phosphorus: 633.34mg (63.33%), Manganese: 1.12mg (56.04%), Calcium: 447.64mg (44.76%), Vitamin B2: 0.73mg (42.98%), Vitamin B3: 7.2mg (35.99%), Copper: 0.68mg (33.93%), Vitamin A: 1570.23IU (31.4%), Zinc: 4.55mg (30.3%), Vitamin C: 24.51mg (29.71%), Fiber: 6.76g (27.05%), Vitamin B1: 0.36mg (23.97%), Potassium: 808.1mg (23.09%), Magnesium: 92mg (23%), Vitamin B6: 0.43mg (21.51%), Vitamin B5: 2.06mg (20.55%), Folate: 69.65µg (17.41%), Iron: 2.82mg (15.65%), Vitamin K: 16.14µg (15.37%), Vitamin B12: 0.82µg (13.74%), Vitamin D: 1.16µg (7.74%), Vitamin E: 1mg (6.66%)