



WHATShEATE



Emmanuel's Pasta, Peas, Prosciutto, and Onion

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes diced canned
- ☐ 3 cloves garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin (twice-around-the-pan in a slow stream)
- ☐ 0.5 onion chopped
- ☐ 1 cup peas green frozen (a couple of handfuls)
- ☐ 0.3 pound prosciutto di parma thinly sliced cut into thin strips
- ☐ 0.5 teaspoon pepper flakes red crushed

- ☐ 6 servings peccorino romano grated for passing
- ☐ 6 servings salt and pepper
- ☐ 8 ounce tomato purée canned
- ☐ 20 leaves torn fresh shredded
- ☐ 1 pound cellantani with lines) or, other lined pasta
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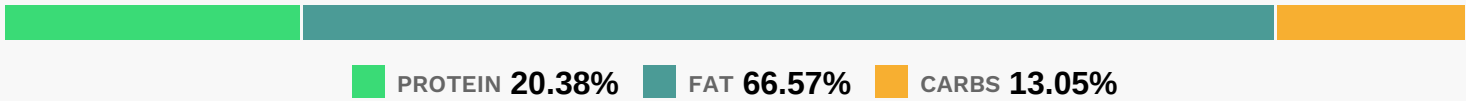
Equipment

- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Put a large pot of water on the stove over high heat for pasta. When water comes to a boil, add salt to water and cook pasta to al dente, with a bite to it.
- ☐ In a large, deep skillet, preheated over moderate heat, cook garlic, onion, and crushed pepper in extra-virgin olive oil for 3 to 4 minutes.
- ☐ Add tomatoes and sauce or puree to the pan. When tomatoes come to a bubble, reduce heat to simmer. Season sauce with salt and pepper.
- ☐ When pasta is cooked to al dente, drain well and set near stove.
- ☐ Sprinkle ribbons of sliced prosciutto and the green peas into the sauce. Stir to combine and heat peas through. Toss pasta with sauce and shredded basil. Keep turning pasta in sauce until basil wilts and pasta begins to absorb sauce, about 1 minute.
- ☐ Transfer pasta to a serving platter and garnish with a few whole basil leaves.
- ☐ Serve with salad and grated cheese, for passing.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:2.34, Inflammation Score:-7, Nutrition Score:11.069130379221%

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: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 274.59kcal (13.73%), Fat: 20.5g (31.54%), Saturated Fat: 8.33g (52.09%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.67g (4.08%), Cholesterol: 43.67mg (14.56%), Sodium: 733.52mg (31.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.25%), Calcium: 347.53mg (34.75%), Phosphorus: 299.8mg (29.98%), Vitamin K: 18.62µg (17.73%), Vitamin C: 14.59mg (17.69%), Selenium: 9.11µg (13.01%), Manganese: 0.24mg (11.79%), Vitamin B1: 0.16mg (10.94%), Vitamin B2: 0.18mg (10.87%), Vitamin A: 535.29IU (10.71%), Vitamin B6: 0.21mg (10.45%), Zinc: 1.45mg (9.69%), Fiber: 2.37g (9.47%), Vitamin E: 1.41mg (9.37%), Vitamin B3: 1.81mg (9.03%), Magnesium: 32.71mg (8.18%), Potassium: 260.59mg (7.45%), Iron: 1.31mg (7.27%), Copper: 0.14mg (7.25%), Vitamin B12: 0.43µg (7.17%), Folate: 25.69µg (6.42%), Vitamin B5: 0.39mg (3.87%), Vitamin D: 0.23µg (1.5%)