



Farfalle with Pignole, Prosciutto, and Spinach

READY IN



35 min.

SERVINGS



4

CALORIES



976 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small bunch baby spinach fresh washed
- ☐ 3 cloves garlic minced
- ☐ 1 pound farfalle pasta bowties
- ☐ 0.8 cup pignole nuts pine nuts
- ☐ 0.5 cup olive oil
- ☐ 0.3 pound pancetta sliced into small pieces
- ☐ 0.8 cup raisins
- ☐ 4 servings locatelli romano cheese as needed grated
- ☐ 4 servings salt and pepper

☐ 0.5 cup water boiling

Equipment

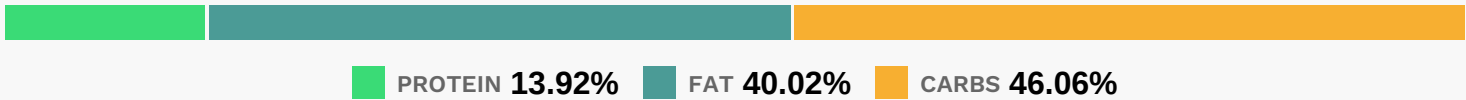
☐ bowl

☐ frying pan

Directions

- ☐ Toast pignole nuts in small frying pan.
- ☐ Add raisins to boiling water until plump, and drain. In large frying pan, heat oil and saute garlic.
- ☐ Add spinach and stir, cooking until wilted.
- ☐ Cook farfalle according to package directions. When done, drain and place farfalle in a large bowl with nuts, raisins, spinach mixture, prosciutto, salt and pepper, and grated cheese.

Nutrition Facts



Properties

Glycemic Index:47.45, Glycemic Load:46.39, Inflammation Score:-10, Nutrition Score:42.928260834321%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 976.49kcal (48.82%), Fat: 44.25g (68.08%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 114.61g (38.2%), Net Carbohydrates: 106.28g (38.65%), Sugar: 4.53g (5.04%), Cholesterol: 49.91mg (16.64%), Sodium: 825.51mg (35.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.26%), Vitamin K: 428.26µg (407.86%), Manganese: 4.15mg (207.51%), Vitamin A: 8112.98IU (162.26%), Selenium: 83.23µg (118.89%), Phosphorus: 694.18mg (69.42%), Magnesium: 215.51mg (53.88%), Folate: 196.9µg (49.23%), Calcium: 445.38mg (44.54%), Copper: 0.89mg (44.35%), Iron: 6.3mg (34.99%), Vitamin E: 5.18mg (34.55%), Potassium: 1193.64mg (34.1%), Fiber: 8.33g (33.33%), Zinc: 4.87mg (32.46%), Vitamin C: 26.26mg (31.83%), Vitamin B2: 0.47mg (27.77%), Vitamin B6: 0.53mg (26.52%), Vitamin B3: 5.14mg (25.68%), Vitamin B1: 0.38mg (25.65%), Vitamin B5: 0.93mg (9.33%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 0.26µg (1.76%)