

Farmer's Pasta

READY IN



70 min.

SERVINGS



8

CALORIES



1011 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups coarse bread crumbs fresh
- 8 servings butter for greasing pan
- 0.3 cup flour all-purpose
- 8 ounces fontina grated
- 3 tablespoons basil leaves fresh chopped
- 4 teaspoons garlic minced
- 4 ounces mozzarella cheese grated
- 2 tablespoons olive oil ()
- 8 servings olive oil extra-virgin for drizzling

- 6 ounces pancetta chopped
- 0.8 cup parmesan freshly grated
- 3 tablespoons parsley leaves fresh italian chopped
- 6 ounces provolone cheese grated
- 1 pound rigatoni pasta
- 8 servings salt and pepper black freshly ground
- 7 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- baking pan
- slotted spoon

Directions

- Butter a 13 by 9 by 2-inch baking dish. Preheat the oven to 375 degrees F.
- Heat 1 tablespoon of oil in a heavy large pot over medium-high heat.
- Add the pancetta and saute until golden and crisp, about 5 minutes. Using a slotted spoon, transfer the pancetta to a small bowl.
- Pour off all but 1/4 cup of the pan drippings (if necessary, add more oil to the pan drippings to equal 1/4 cup total). Reduce the heat to medium.
- Add 3 teaspoons of garlic and saute until fragrant, about 30 seconds.
- Add the flour and whisk for 2 minutes. Gradually whisk in the milk. Bring to a boil over medium-high heat. Reduce the heat to medium and simmer until the sauce thickens slightly, whisking often, about 5 minutes. Gradually whisk in all the Fontina, mozzarella, Parmesan, and provolone cheeses.
- Meanwhile, bring a large pot of salted water to a boil.

- Add the rigatoni and cook until almost al dente, stirring occasionally, about 7 minutes. (The pasta will continue cooking in the oven.)
- Drain pasta and add directly into the cheese.
- Add the parsley, basil, and pancetta and toss to coat. Season the pasta mixture, to taste, with salt and pepper.
- Transfer the pasta mixture to the prepared dish.
- Heat the remaining 1 tablespoon of oil in a heavy large skillet over medium heat.
- Add the remaining garlic and saute until fragrant, about 30 seconds.
- Remove from the heat.
- Add the bread crumbs and toss to coat.
- Sprinkle the bread crumb mixture over the pasta mixture.
- Drizzle the top with extra-virgin olive oil and bake until the sauce bubbles and the bread crumbs are golden brown, about 20 minutes.

Nutrition Facts

PROTEIN 16.12% **FAT 52.88%** **CARBS 31%**

Properties

Glycemic Index:59.63, Glycemic Load:24.26, Inflammation Score:-8, Nutrition Score:30.777391205663%

Flavonoids

Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1010.66kcal (50.53%), Fat: 59.25g (91.16%), Saturated Fat: 24.76g (154.75%), Carbohydrates: 78.17g (26.06%), Net Carbohydrates: 74.89g (27.23%), Sugar: 14.28g (15.87%), Cholesterol: 115.53mg (38.51%), Sodium: 1077.11mg (46.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.63g (81.27%), Selenium: 64.72µg (92.45%), Calcium: 832.94mg (83.29%), Phosphorus: 727.32mg (72.73%), Manganese: 0.88mg (43.78%), Vitamin B12: 2.58µg (43.08%), Vitamin K: 42.97µg (40.93%), Vitamin B2: 0.68mg (40.19%), Vitamin B1: 0.55mg (36.94%), Zinc: 4.75mg (31.66%), Vitamin A: 1260.27IU (25.21%), Magnesium: 89.74mg (22.43%), Vitamin B3: 4.3mg (21.49%), Vitamin E: 3.11mg (20.76%), Vitamin B6: 0.38mg (18.83%), Vitamin D: 2.81µg (18.76%), Potassium: 633.41mg (18.1%), Vitamin B5: 1.64mg (16.39%), Iron: 2.94mg (16.31%), Folate: 57.1µg (14.28%), Copper: 0.28mg (13.97%), Fiber: 3.29g

(13.15%), Vitamin C: 2.6mg (3.15%)