



Fettuccine with Spinach and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 2 ounces pancetta thinly sliced chopped
- ☐ 10 ounce pkt spinach fresh

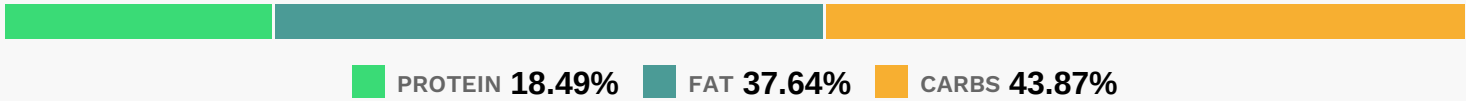
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 15 seconds.
- ☐ Add prosciutto and spinach; saut over medium-high heat 3 minutes or until wilted.
- ☐ Combine reserved 1/2 cup cooking liquid and egg in a bowl; stir well with a whisk.
- ☐ Add pasta and egg mixture to pan; stir well. Cook over low heat 4 minutes or until egg mixture is slightly thick, stirring constantly (do not boil). Stir in 1/4 cup cheese and pepper. Spoon 1 cup pasta mixture onto each of 4 plates; top each serving with 1 tablespoon cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:17.48, Inflammation Score:-10, Nutrition Score:28.696086862813%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 398.79kcal (19.94%), Fat: 16.78g (25.81%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 40.54g (14.74%), Sugar: 1.53g (1.7%), Cholesterol: 113.12mg (37.71%), Sodium: 406.77mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.08%), Vitamin K: 345.1µg (328.67%), Vitamin A: 6864.85IU (137.3%), Selenium: 55.37µg (79.1%), Manganese: 1.15mg (57.45%), Folate: 160.84µg (40.21%), Phosphorus: 316.15mg (31.62%), Calcium: 267.22mg (26.72%), Magnesium: 98.61mg (24.65%), Vitamin C: 20.15mg (24.42%), Iron: 3.43mg (19.05%), Vitamin B2: 0.3mg (17.74%), Vitamin B6: 0.34mg (17.1%), Potassium: 596.05mg (17.03%), Vitamin E: 2.38mg (15.85%), Zinc: 2.19mg (14.61%), Copper: 0.28mg (14.15%), Fiber: 3.46g (13.85%), Vitamin B1: 0.2mg (13.53%), Vitamin B3: 2.33mg (11.64%), Vitamin B5: 0.9mg (9.03%), Vitamin B12: 0.52µg (8.61%), Vitamin D: 0.55µg (3.65%)