



Fresh Fettuccine with Figs, Prosciutto and Goat Cheese

READY IN



75 min.

SERVINGS



6

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cake flour
- ☐ 4 large egg yolks at room temperature
- ☐ 7 ounces mission figs dried stemmed quartered
- ☐ 1 cup flour for dusting all-purpose
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 4 ounces goat cheese crumbled at room temperature
- ☐ 0.1 teaspoon kosher salt

- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt
- ☐ 1 lemon zest
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 4 ounces mascarpone cheese at room temperature
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup orange juice fresh
- ☐ 4.3 inch thick prosciutto

Equipment

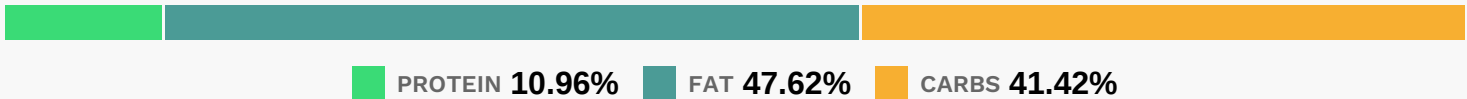
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray.
- ☐ Arrange the prosciutto in a single layer on the prepared baking sheet.
- ☐ Bake for about 10 minutes until crispy.
- ☐ Drain on paper towels. When cool enough to handle, crumble the prosciutto into 1/2-inch pieces.

- ☐ Cut the pasta dough in quarters and press flat. Run each piece of pasta dough several times through a pasta-rolling machine, adjusting the setting each time until the pasta is about 1/16-inch thick.
- ☐ Add the fettuccine attachment and run the pasta sheets through. Dust the fettuccine lightly with flour to avoid sticking.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the olive oil and pasta. Cook until tender but still firm to the bite, stirring occasionally, 4 to 5 minutes.
- ☐ Place the pasta in a large serving bowl.
- ☐ For the sauce: In a medium saucepan, combine the figs, broth, orange juice, thyme, salt and pepper. Bring to a boil over medium heat. Reduce the heat and simmer for 5 minutes.
- ☐ Remove the pan from the heat. Stir in the goat cheese, mascarpone cheese and lemon zest until the sauce is creamy.
- ☐ Pour the sauce over the cooked pasta and toss until all the ingredients are coated. Top with the crumbled prosciutto and serve.
- ☐ Place the cake flour, all-purpose flour, egg yolks and salt in a food processor. Pulse to combine. With the machine running, gradually add the oil then 1/3 to 1/2 cup water until the mixture forms a dough (the dough should stick together if pinched between your fingers). If necessary, add additional water, 1 teaspoon at a time if the dough is too dry.
- ☐ Place the dough on a lightly floured surface. Gather the dough into a ball and knead until the dough is smooth, 5 to 8 minutes. Cover with plastic wrap and refrigerate for 30 minutes.
- ☐ Cut the dough into quarters and press flat. Run each piece of pasta dough several times through a pasta-rolling machine, adjusting the setting each time, until the pasta is about 1/8 to 1/16-inch thick.
- ☐ Cut the pasta into the desired shape and use as needed.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:35.54, Inflammation Score:-9, Nutrition Score:13.599999883901%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 544.36kcal (27.22%), Fat: 28.72g (44.19%), Saturated Fat: 11.13g (69.59%), Carbohydrates: 56.21g (18.74%), Net Carbohydrates: 53.34g (19.4%), Sugar: 7.61g (8.46%), Cholesterol: 151.18mg (50.39%), Sodium: 1122.81mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Selenium: 30.95µg (44.21%), Manganese: 0.59mg (29.33%), Folate: 79.56µg (19.89%), Vitamin B1: 0.27mg (18.32%), Vitamin B2: 0.3mg (17.43%), Phosphorus: 173.75mg (17.38%), Vitamin C: 14.15mg (17.15%), Vitamin A: 769.89IU (15.4%), Copper: 0.31mg (15.32%), Vitamin E: 2.19mg (14.63%), Iron: 2.52mg (14.01%), Vitamin B3: 2.31mg (11.57%), Fiber: 2.87g (11.5%), Calcium: 99.19mg (9.92%), Vitamin B5: 0.9mg (9%), Vitamin K: 9.28µg (8.84%), Vitamin B6: 0.17mg (8.51%), Magnesium: 29.23mg (7.31%), Zinc: 1.06mg (7.09%), Potassium: 231.01mg (6.6%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.69µg (4.63%)