



## Fresh Fig and Prosciutto Pasta Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



207 kcal

SAUCE

### Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 6 figs fresh stemmed quartered
- 0.3 teaspoon lemon pepper seasoning to taste
- 1 tablespoon lemon zest
- 1 cup milk
- 6 slices pancetta cut into thin strips thin
- 0.5 teaspoon salt

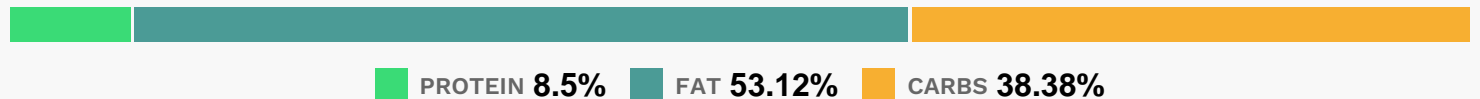
## Equipment

- frying pan
- sauce pan
- stove

## Directions

- Heat butter in a saucepan over low heat; gradually stir flour into melted butter until smooth and bubbly, 2 to 4 minutes.
- Add salt; stir to combine.
- Remove from heat; gradually stir in milk until smooth.
- Return white sauce to stovetop; bring to a boil. Reduce heat and simmer over low heat.
- Cook and stir prosciutto and figs in a non-stick pan over medium heat until warm, about 5 minutes. Stir lemon zest and lemon pepper seasoning into the white sauce.
- Serve figs and prosciutto atop sauce.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:10.63, Inflammation Score:-4, Nutrition Score:6.0339129904042%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 207kcal (10.35%), Fat: 12.66g (19.48%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.12g (6.59%), Sugar: 15.24g (16.93%), Cholesterol: 30.29mg (10.1%), Sodium: 439.26mg (19.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Calcium: 106.87mg (10.69%), Fiber: 2.47g (9.87%), Phosphorus: 95.5mg (9.55%), Vitamin B1: 0.14mg (9.54%), Vitamin B2: 0.15mg (9.04%), Potassium: 299.07mg (8.54%), Vitamin B6: 0.16mg (7.93%), Vitamin A: 386.12IU (7.72%), Selenium: 5.08µg (7.26%), Manganese:

0.14mg (7.1%), Vitamin B12: 0.4µg (6.69%), Magnesium: 22.92mg (5.73%), Vitamin B5: 0.55mg (5.5%), Vitamin B3: 1.08mg (5.39%), Vitamin D: 0.72µg (4.79%), Vitamin K: 4.41µg (4.2%), Vitamin C: 3.43mg (4.16%), Zinc: 0.54mg (3.62%), Copper: 0.07mg (3.34%), Folate: 11.79µg (2.95%), Iron: 0.53mg (2.94%), Vitamin E: 0.33mg (2.23%)