



Fusilli with Creamy Pancetta-and-Pea Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 5 cups fusilli hot cooked uncooked (4 cups short twisted spaghetti)
- 2 tablespoons flour all-purpose
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 2 cups milk 1% low-fat
- 1 teaspoon olive oil
- 1 cup onion diced
- 1 ounce pancetta chopped

- 5 ounces parmesan cheese fresh divided grated
- 2.5 cups peas green frozen thawed
- 0.3 teaspoon salt

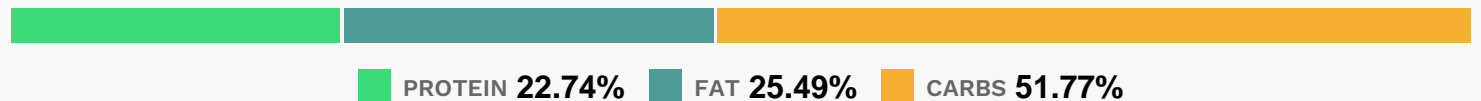
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a nonstick skillet coated with cooking spray over medium heat.
- Add pancetta; cook 1 minute or until browned.
- Place pancetta in a large bowl.
- Heat oil in pan.
- Add onion and garlic; saut 7 minutes.
- Add onion mixture to pancetta.
- Place flour in pan. Gradually add milk; stir with a whisk until blended. Cook over medium heat until thick (about 5 minutes); stir constantly.
- Add cream cheese; stir until cheese melts. Stir in peas, 1 cup Parmesan, basil, salt, and pepper.
- Add cheese sauce and pasta to pancetta mixture; toss well.
- Sprinkle with 1/4 cup Parmesan.

Nutrition Facts



Properties

Glycemic Index:58.97, Glycemic Load:18.33, Inflammation Score:-7, Nutrition Score:18.75391302938%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 376.7kcal (18.84%), Fat: 10.61g (16.32%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 42.69g (15.52%), Sugar: 9.21g (10.24%), Cholesterol: 23.12mg (7.71%), Sodium: 542.61mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.58%), Selenium: 35.91µg (51.31%), Calcium: 411.24mg (41.12%), Phosphorus: 385.9mg (38.59%), Manganese: 0.66mg (32.83%), Vitamin C: 26.54mg (32.16%), Fiber: 5.78g (23.12%), Vitamin K: 21.66µg (20.63%), Vitamin B1: 0.28mg (18.72%), Vitamin B2: 0.31mg (18.41%), Vitamin A: 874IU (17.48%), Zinc: 2.37mg (15.82%), Magnesium: 62.3mg (15.58%), Folate: 59.93µg (14.98%), Iron: 2.59mg (14.39%), Vitamin B6: 0.27mg (13.65%), Vitamin B12: 0.79µg (13.12%), Copper: 0.24mg (11.82%), Potassium: 395.35mg (11.3%), Vitamin B3: 2.19mg (10.96%), Vitamin D: 1µg (6.68%), Vitamin B5: 0.64mg (6.4%), Vitamin E: 0.34mg (2.27%)