



Fusilli with Tomatoes, Spinach, and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 8 ounces long fusilli uncooked (long twisted spaghetti)
- ☐ 1 garlic clove minced
- ☐ 2 ounces parmigiano-reggiano cheese shaved
- ☐ 2 ounces pancetta thinly sliced cut into strips
- ☐ 0.8 teaspoon salt
- ☐ 4 cups tomatoes diced

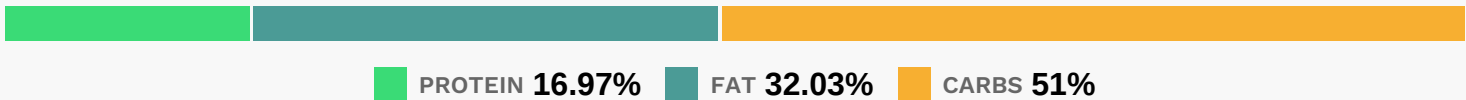
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Place spinach in a large colander.
- ☐ Drain pasta over spinach; place pasta mixture in pan.
- ☐ Add tomato, oil, salt, pepper, and garlic; toss well.
- ☐ Add prosciutto; toss gently to combine.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:18.93, Inflammation Score:-10, Nutrition Score:27.069130384404%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 394.04kcal (19.7%), Fat: 14.13g (21.74%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 46.03g (16.74%), Sugar: 5.74g (6.38%), Cholesterol: 18.99mg (6.33%), Sodium: 803.64mg (34.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.68%), Vitamin K: 219.71µg (209.25%), Vitamin A: 5381.75IU (107.64%), Selenium: 42.43µg (60.62%), Manganese: 1.09mg (54.57%), Vitamin C: 32.6mg (39.51%), Folate: 116.1µg (29.03%), Phosphorus: 284.07mg (28.41%), Calcium: 239.52mg (23.95%), Magnesium: 88.36mg (22.09%), Potassium: 763.53mg (21.82%), Fiber: 4.6g (18.39%), Vitamin B6: 0.35mg (17.26%), Copper: 0.32mg (16.07%), Vitamin E: 2.37mg (15.83%), Iron: 2.52mg (14.02%), Vitamin B3: 2.79mg (13.93%), Vitamin B1: 0.19mg (12.39%), Zinc: 1.85mg (12.34%), Vitamin B2: 0.2mg (11.96%), Vitamin B5: 0.55mg (5.53%), Vitamin B12:

0.24μg (4.02%)