



Handmade Pasta with Pancetta, Cherry Tomatoes, and Herbs

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 basil leaves plus sprigs fresh for garnish
- ☐ 3 cups cherry tomatoes halved
- ☐ 2 cups flour ()
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.5 cup pancetta italian chopped (bacon)
- ☐ 0.5 cup pecorino romano cheese plus additional romano cheese grated shaved
- ☐ 0.3 teaspoon cracked pepper black

- ☐ 1 pinch salt
- ☐ 1 cup water hot divided
- ☐ 0.5 cup onion white chopped

Equipment

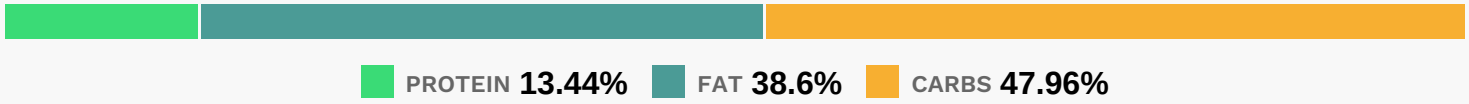
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Place 2 cups flour in large bowl. Make well in center.
- ☐ Add 1/2 cup hot water, 4 teaspoons oil, and pinch of salt to well and stir to combine. Gradually mix flour into wet ingredients, adding remaining 1/2 cup water to form soft dough. Turn dough out onto lightly floured work surface. Knead until smooth, adding more flour if sticky, about 5 minutes. Gather dough into ball.
- ☐ Transfer dough to bowl, cover with plastic wrap, and let rest 1 hour at room temperature.
- ☐ Lightly dust large baking sheet with flour.
- ☐ Place dough on work surface and cut off 1/2-inch-thick slice.
- ☐ Roll dough between palms of hands and lightly floured work surface to 1/3-inch-thick rope. Repeat with 5 more dough slices, rolling each into rope.
- ☐ Cut ropes into 1-inch lengths. Using 2 fingers, push fingertips into dough as you pull it toward you to form horizontal imprints.
- ☐ Transfer to prepared baking sheet. Repeat with remaining dough in batches. DO AHEAD: Can be made 2 hours ahead. Cover with dry kitchen towel, then plastic wrap, and let stand at room temperature.
- ☐ Heat remaining 1/2 cup oil in heavy large saucepan over medium heat.
- ☐ Add onion, pancetta, and pepper and sauté until onion is translucent, about 8 minutes.

- ☐ Add tomatoes with any juices and cook until softened, about 5 minutes.
- ☐ Mix in 16 basil leaves and oregano. Season to taste with salt.
- ☐ Bring large pot of salted water to boil.
- ☐ Add pasta and boil until tender but still slightly firm to bite, about 10 minutes.
- ☐ Drain well; return to pot.
- ☐ Add half of sauce and 1/2 cup grated cheese and toss over medium heat until warm, about 2 minutes. Divide pasta among bowls. Spoon remaining sauce over.
- ☐ Garnish with basil sprigs.
- ☐ Serve, passing shaved cheese separately.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:23.39, Inflammation Score:-8, Nutrition Score:12.376521693624%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 310.67kcal (15.53%), Fat: 13.28g (20.43%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 34.93g (12.7%), Sugar: 2.62g (2.92%), Cholesterol: 21.68mg (7.23%), Sodium: 248.79mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Selenium: 19.77µg (28.25%), Vitamin B1: 0.42mg (27.94%), Folate: 91.37µg (22.84%), Vitamin C: 18.18mg (22.04%), Manganese: 0.44mg (21.98%), Vitamin B3: 3.71mg (18.56%), Phosphorus: 163.17mg (16.32%), Vitamin B2: 0.28mg (16.3%), Iron: 2.92mg (16.2%), Vitamin K: 12.76µg (12.15%), Calcium: 121.28mg (12.13%), Vitamin A: 474.51IU (9.49%), Fiber: 2.19g (8.78%), Potassium: 285.35mg (8.15%), Vitamin B6: 0.16mg (8.08%), Copper: 0.15mg (7.38%), Vitamin E: 1.06mg (7.09%), Magnesium: 26.01mg (6.5%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.45mg (4.49%), Vitamin B12: 0.19µg (3.2%)