

## Mushroom Prosciutto Pasta

READY IN



40 min.

SERVINGS



6

CALORIES



770 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 2 teaspoons cornstarch
- 0.5 pound mushrooms fresh sliced
- 0.5 cup parsley fresh minced
- 2 cups cup heavy whipping cream
- 0.3 cup onion chopped
- 6 servings parmesan shredded
- 4 cups penne pasta uncooked
- 0.3 teaspoon pepper

10 slices pancetta chopped thin

## Equipment

bowl

frying pan

## Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, saute mushrooms and onion in butter until tender.

Add prosciutto; saute for 3 minutes.

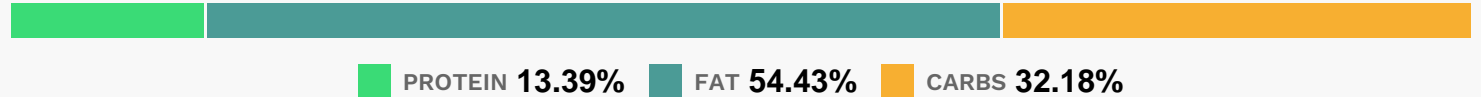
In a small bowl, combine cornstarch and cream until smooth; stir into the skillet.

Add parsley and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened.

Drain pasta; add to the skillet and stir to coat.

Sprinkle with cheese if desired.

## Nutrition Facts



## Properties

Glycemic Index:40.33, Glycemic Load:23.24, Inflammation Score:-8, Nutrition Score:23.970434976661%

## Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 770.17kcal (38.51%), Fat: 46.78g (71.96%), Saturated Fat: 27.58g (172.37%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 59.14g (21.51%), Sugar: 5.64g (6.26%), Cholesterol: 128.88mg (42.96%), Sodium: 629.83mg (27.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.76%), Selenium: 62.83µg (89.76%), Vitamin K: 85.61µg (81.54%), Phosphorus: 453.84mg (45.38%), Calcium: 435.05mg (43.5%), Vitamin A: 1943.84IU (38.88%), Manganese: 0.74mg (37.07%), Vitamin B2: 0.46mg (27.35%), Copper: 0.37mg (18.62%),

Vitamin B3: 3.38mg (16.92%), Magnesium: 66.93mg (16.73%), Zinc: 2.5mg (16.65%), Vitamin B5: 1.34mg (13.36%), Potassium: 456.5mg (13.04%), Vitamin B6: 0.25mg (12.46%), Fiber: 3.08g (12.33%), Vitamin B1: 0.17mg (11.34%), Iron: 1.88mg (10.45%), Vitamin D: 1.55µg (10.32%), Vitamin C: 8.41mg (10.2%), Vitamin B12: 0.58µg (9.61%), Folate: 34.22µg (8.56%), Vitamin E: 1.09mg (7.25%)