



Orecchiette with Prosciutto and Melon

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1.5 cups canned tomatoes thick canned crushed (one 16-ounce can)
- 1 cup cantaloupe diced (from)
- 0.8 teaspoon fresh-ground pepper black
- 0.5 cup heavy whipping cream light
- 1 onion chopped
- 0.8 pound orecchiette
- 0.3 pound pancetta sliced cut into thin strips
- 1 teaspoon salt

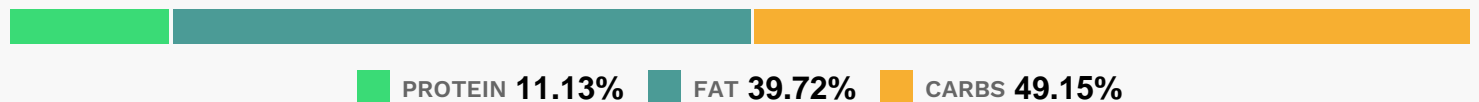
Equipment

- frying pan
- pot

Directions

- In a large frying pan, melt the butter over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the prosciutto and tomatoes. Cover, reduce the heat, and simmer for 10 minutes.
- Add the cantaloupe, cream, and the salt and pepper. Cook until heated through, about 3 minutes longer.
- In a large pot of boiling, salted water, cook the orecchiette until done, about 15 minutes.
- Drain the pasta and toss it with the sauce.
- Time-Saving Tip: Purchase precut cantaloupe from the salad bar at your grocery store to save fiddling with a whole melon.
- Wine Recommendation: A fairly acidic white with a hint of mellowness and fruit is a good match for this unique dish. Try a pinot blanc from the Alsace region of France or a non-oaky California chardonnay.

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:29.99, Inflammation Score:-9, Nutrition Score:19.896086910497%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 625.75kcal (31.29%), Fat: 27.81g (42.79%), Saturated Fat: 13.45g (84.08%), Carbohydrates: 77.45g (25.82%), Net Carbohydrates: 72.12g (26.22%), Sugar: 10.62g (11.8%), Cholesterol: 66.92mg (22.31%), Sodium: 962.28mg (41.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.07%), Selenium: 61.05µg (87.21%), Manganese: 1.05mg (52.53%), Vitamin A: 2038.57IU (40.77%), Phosphorus: 265.88mg (26.59%), Copper: 0.48mg (23.8%), Fiber: 5.33g (21.31%), Vitamin B3: 4.02mg (20.12%), Vitamin B6: 0.39mg (19.55%), Magnesium: 77.47mg (19.37%), Potassium: 650.4mg (18.58%), Vitamin C: 14.92mg (18.09%), Vitamin B1: 0.26mg (17.54%), Iron: 2.66mg (14.79%), Zinc: 2.09mg (13.92%), Vitamin E: 1.8mg (12.03%), Vitamin B2: 0.18mg (10.58%), Folate: 39.4µg (9.85%), Vitamin B5: 0.94mg (9.42%), Calcium: 84.37mg (8.44%), Vitamin K: 8µg (7.61%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.29µg (1.95%)