



# Pasta al Forno

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

914 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 4 servings baking dish softened
- ☐ 15 ounce canned tomatoes crushed
- ☐ 3 cloves garlic chopped
- ☐ 2 pinches ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 3 ounces pancetta thick chopped

- ☐ 4 servings salt and pepper
- ☐ 1 pound ziti rigate

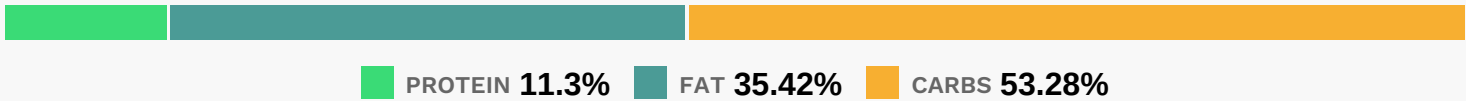
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

## Directions

- ☐ Bring large pot of water to boil, then salt and cook pasta to al dente on the chewy side, 7 minutes. Once your pasta water comes to a boil to cook ziti, preheat oven to 500 degrees F.
- ☐ To medium skillet over medium heat add extra-virgin olive oil, 2 turns of the pan. Cook onions and garlic in oil 3 to 5 minutes. Stir in tomatoes and bring to a bubble.
- ☐ Add cream and season sauce with cinnamon, salt and pepper.
- ☐ Add chopped prosciutto to sauce and stir with cooked pasta to combine. Coat a medium casserole with the butter. Adjust seasonings and transfer pasta to casserole. Cover pasta with Parmigiano-Reggiano and place in the oven for 10 minutes.
- ☐ Serve hot from oven.

## Nutrition Facts



## Properties

Glycemic Index:42.25, Glycemic Load:36.85, Inflammation Score:-8, Nutrition Score:27.128260954567%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

## Nutrients (% of daily need)

Calories: 913.71kcal (45.69%), Fat: 36g (55.38%), Saturated Fat: 13.61g (85.09%), Carbohydrates: 121.84g (40.61%), Net Carbohydrates: 114.75g (41.73%), Sugar: 14.06g (15.62%), Cholesterol: 52.7mg (17.57%), Sodium: 1101.51mg (47.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Selenium: 82.3µg (117.57%), Manganese: 1.52mg (76.12%), Phosphorus: 582.43mg (58.24%), Vitamin B1: 0.49mg (32.77%), Copper: 0.61mg (30.67%), Vitamin B3: 5.98mg (29.89%), Fiber: 7.1g (28.4%), Magnesium: 101.36mg (25.34%), Calcium: 239.55mg (23.96%), Iron: 4.29mg (23.83%), Vitamin B6: 0.47mg (23.66%), Vitamin B2: 0.4mg (23.5%), Folate: 89.28µg (22.32%), Potassium: 742.52mg (21.21%), Vitamin E: 2.91mg (19.4%), Zinc: 2.69mg (17.9%), Vitamin C: 12.1mg (14.66%), Vitamin A: 726.2IU (14.52%), Vitamin B5: 1.4mg (13.97%), Vitamin K: 13.88µg (13.22%), Vitamin B12: 0.38µg (6.42%), Vitamin D: 0.59µg (3.95%)