



Pasta, Prosciutto, and Pea Soup

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 49 oz chicken broth low-sodium canned
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 cup basil leaves fresh cut into thin slivers
- ☐ 1 cup orzo pasta dried
- ☐ 4 servings parmesan cheese grated
- ☐ 1 cup peas frozen
- ☐ 3 ounces pancetta thinly sliced cut into thin slivers

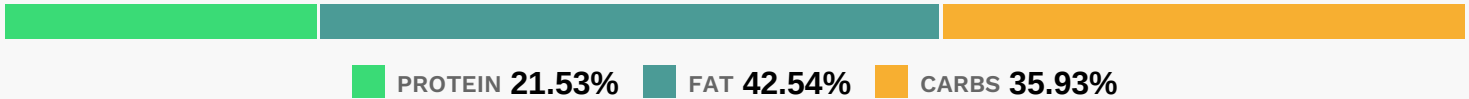
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle

Directions

- ☐ In a covered 5- to 6-quart pan over high heat, bring broth, wine, and pasta to a boil, then simmer until pasta is tender to bite, about 20 minutes total.
- ☐ Meanwhile, in an 8- to 10-inch frying pan over medium-high heat, stir prosciutto with butter until crisp, about 5 minutes.
- ☐ Drain on paper towels.
- ☐ Stir peas and basil into soup and heat until peas are hot, 1 to 2 minutes.
- ☐ Ladle into bowls and add prosciutto.
- ☐ Sprinkle with cheese to taste.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:12.87, Inflammation Score:-7, Nutrition Score:19.413912985636%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 502.46kcal (25.12%), Fat: 22.49g (34.6%), Saturated Fat: 8.82g (55.1%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 39.38g (14.32%), Sugar: 3.98g (4.42%), Cholesterol: 40.13mg (13.38%), Sodium: 809.5mg

(35.2%), Alcohol: 4.64g (100%), Alcohol %: 1.12% (100%), Protein: 25.62g (51.23%), Selenium: 39.19µg (55.98%), Phosphorus: 447.29mg (44.73%), Vitamin B3: 7.14mg (35.67%), Vitamin K: 34.62µg (32.97%), Manganese: 0.64mg (32.09%), Calcium: 312.81mg (31.28%), Zinc: 2.98mg (19.85%), Copper: 0.4mg (19.76%), Vitamin A: 986.37IU (19.73%), Vitamin C: 15.59mg (18.89%), Vitamin B2: 0.31mg (18.11%), Potassium: 619.16mg (17.69%), Vitamin B12: 0.86µg (14.37%), Magnesium: 56.81mg (14.2%), Fiber: 3.36g (13.45%), Vitamin B1: 0.2mg (13.44%), Vitamin B6: 0.26mg (13.11%), Iron: 2.28mg (12.69%), Folate: 36.68µg (9.17%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.23µg (1.57%)