



## Pasta with Corn, Prosciutto, and Burrata

READY IN



45 min.

SERVINGS



2

CALORIES



1223 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup breadcrumbs
- 0.3 pound burrata cheese
- 2 ears corn
- 0.5 pound fettuccine barilla fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup parmesan grated
- 0.3 pound pancetta chopped
- 4 chilies dried red chopped
- 2 servings salt

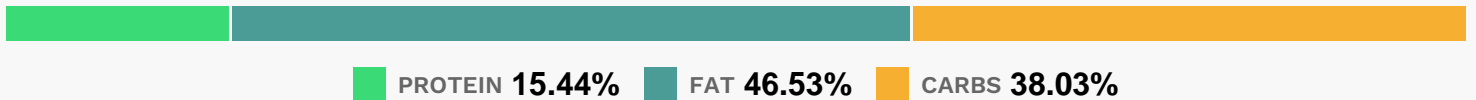
## Equipment

- frying pan
- knife
- pot
- slotted spoon

## Directions

- Remove the kernels from the corn with a sharp knife.
- Bring a large pot of salted water to a boil. While that's warming up, pour 2 tablespoons of oil into a large skillet set over medium heat.
- Add the prosciutto and cook for about 4 minutes, or until browned.
- Remove with a slotted spoon.
- Add the corn and chiles to the skillet and cook for 5 to 7 minutes, stirring occasionally. Turn the heat to low, and then add the Parmesan and the cooked prosciutto. Cook for one minute, and then turn the heat off and add the breadcrumbs.
- Cook the pasta according to the directions on the box.
- Drain, reserving 1/2 cup of the cooking water.
- Add the pasta to the skillet, along with half of the reserved water. Toss well. If dry, then add the rest of the water.
- Add half of the cheese, and stir well. Plate the pasta and divide the rest of the cheese on top. Season with salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:34.13, Inflammation Score:-8, Nutrition Score:32.024347782135%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 1222.68kcal (61.13%), Fat: 64.88g (99.81%), Saturated Fat: 23.47g (146.72%), Carbohydrates: 119.31g (39.77%), Net Carbohydrates: 112.27g (40.82%), Sugar: 10.05g (11.17%), Cholesterol: 189.93mg (63.31%), Sodium: 1205.78mg (52.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.44g (96.88%), Selenium: 113.76µg (162.51%), Manganese: 1.38mg (69.22%), Calcium: 690.95mg (69.09%), Phosphorus: 654.68mg (65.47%), Vitamin B1: 0.76mg (50.69%), Vitamin B3: 8.2mg (41%), Magnesium: 129.37mg (32.34%), Zinc: 4.35mg (29%), Fiber: 7.04g (28.18%), Vitamin B6: 0.54mg (27.15%), Folate: 101.84µg (25.46%), Iron: 4.5mg (25.03%), Copper: 0.49mg (24.42%), Vitamin B2: 0.4mg (23.61%), Vitamin B5: 2.27mg (22.66%), Vitamin A: 1116.61IU (22.33%), Potassium: 726.76mg (20.76%), Vitamin E: 2.85mg (19%), Vitamin B12: 1.01µg (16.78%), Vitamin K: 12.55µg (11.96%), Vitamin C: 6.43mg (7.8%), Vitamin D: 0.69µg (4.61%)