



Pasta with Pancetta and Fresh Vegetables

READY IN



26 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 oz lightly baby arugula packed
- ☐ 8 baby pattypan squashes trimmed sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1.3 cups orzo pasta uncooked
- ☐ 2 oz pancetta diced finely
- ☐ 1 pint pear tomatoes yellow halved
- ☐ 2 tablespoons butter unsalted
- ☐ 1 small zucchini thinly sliced

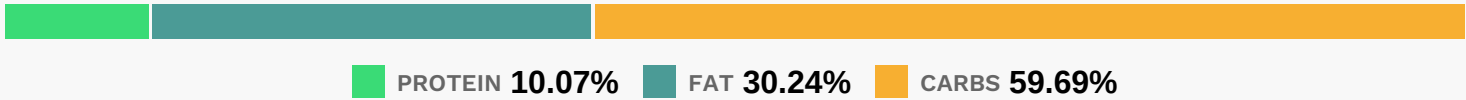
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring a large saucepan of salted water to a boil.
- ☐ Add orzo and cook according to package directions until al dente.
- ☐ Drain in a colander and set aside.
- ☐ While pasta is cooking, melt 1 Tbsp. butter in a large skillet over medium heat.
- ☐ Add diced pancetta and cook, stirring, until crisp, about 6 minutes.
- ☐ Transfer with a slotted spoon to paper towels.
- ☐ Add squash and zucchini to pan and cook over medium-high heat, stirring occasionally, until golden and just tender, about 4 minutes.
- ☐ Add cooked orzo, tomatoes, arugula, salt and remaining 1 Tbsp. butter to pan with zucchini; stir gently until arugula becomes wilted. Stir in chopped fresh parsley. If desired, serve with finely grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:19.61, Inflammation Score:-7, Nutrition Score:13.785652139912%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 361.53kcal (18.08%), Fat: 12.39g (19.06%), Saturated Fat: 5.68g (35.48%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 49.15g (17.87%), Sugar: 13.95g (15.5%), Cholesterol: 24.41mg (8.14%), Sodium: 687.38mg (29.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.55%), Vitamin K: 55.76µg (53.1%), Selenium: 32.8µg (46.86%), Manganese: 0.6mg (29.95%), Fiber: 5.87g (23.48%), Vitamin C: 15.95mg (19.34%), Vitamin A: 788.9IU (15.78%), Phosphorus: 146.78mg (14.68%), Copper: 0.27mg (13.65%), Magnesium: 48.61mg (12.15%), Potassium: 416.88mg (11.91%), Folate: 42.1µg (10.52%), Vitamin B6: 0.2mg (10.12%), Vitamin B3: 1.8mg (9.02%), Vitamin B1: 0.12mg (8.16%), Zinc: 1.16mg (7.74%), Iron: 1.36mg (7.53%), Vitamin B2: 0.12mg (6.9%), Calcium: 53.9mg (5.39%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.16µg (1.08%)