



Pasta with Pancetta and Leeks

READY IN



20 min.

SERVINGS



4

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 0.5 cup cooking wine dry white
- 0.5 cup heavy cream
- 2 leeks whole sliced thin
- 3 ounces pancetta chopped
- 4 servings parmesan shaved for serving
- 12 ounces shaped pasta such as farfalle
- 4 servings salt and pepper freshly ground

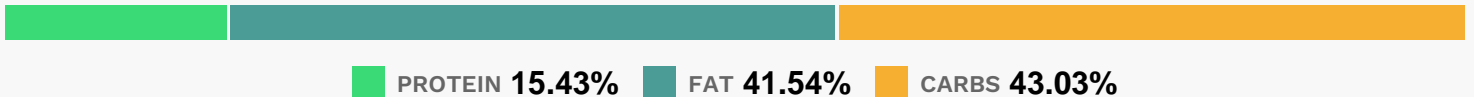
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Cook the pasta according to package directions to al dente and set aside, reserving 1/2 cup of the pasta water.
- Saute the pancetta in a large skillet over medium heat until the fat is rendered and it starts to brown.
- Add the leeks and cook, about 8 minutes. When you add the leeks, you can also throw in a pat or 2 of butter if you want to. This'll give the dish some scrumptious flavor.
- After 8 to 10 minutes, pour in the wine, and then cook until reduced, an additional 1 to 2 minutes. Reduce the heat to low, and then pour in the cream.
- Add salt and pepper to taste. Stir in some Parmesan.
- Toss in the pasta, adding a little pasta water to thin as needed.
- Serve with Parmesan over the top - delicious!

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:27.67, Inflammation Score:-8, Nutrition Score:20.793043592702%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 699.78kcal (34.99%), Fat: 31.18g (47.98%), Saturated Fat: 16.64g (104.03%), Carbohydrates: 72.69g (24.23%), Net Carbohydrates: 69.17g (25.15%), Sugar: 5.41g (6.01%), Cholesterol: 75.58mg (25.19%), Sodium: 861.19mg (37.44%), Alcohol: 3.09g (100%), Alcohol %: 1.6% (100%), Protein: 26.06g (52.12%), Selenium: 66.18µg (94.54%), Manganese: 1.04mg (51.91%), Phosphorus: 438.63mg (43.86%), Calcium: 423.67mg (42.37%), Vitamin A: 1508.77IU (30.18%), Vitamin K: 22.83µg (21.74%), Magnesium: 78.44mg (19.61%), Vitamin B6: 0.33mg (16.69%), Zinc: 2.44mg (16.26%), Copper: 0.32mg (16.12%), Vitamin B2: 0.24mg (14.28%), Fiber: 3.52g (14.09%), Iron: 2.49mg (13.81%), Vitamin B3: 2.61mg (13.07%), Vitamin B1: 0.18mg (12.08%), Folate: 47.48µg (11.87%), Potassium: 389.9mg (11.14%), Vitamin B12: 0.52µg (8.66%), Vitamin B5: 0.78mg (7.76%), Vitamin E: 1.02mg (6.77%), Vitamin C: 5.52mg (6.69%), Vitamin D: 0.71µg (4.74%)