



## Pasta with Prosciutto and Spinach

READY IN



20 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounce baby spinach fresh
- 0.3 teaspoon pepper black
- 9 ounce cheese tortellini fresh (such as DiGiorno)
- 6 large garlic cloves finely chopped
- 1 teaspoon olive oil
- 1 ounce preshredded parmesan cheese
- 1 tablespoon pinenuts
- 2 ounces pancetta thinly sliced

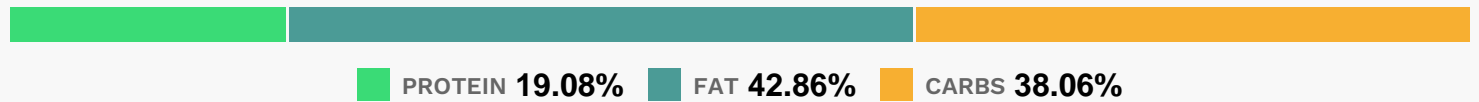
## Equipment

- bowl
- frying pan

## Directions

- Cook pasta according to the package directions, omitting salt and fat; drain.
- Transfer pasta to a large bowl.
- Heat a large nonstick skillet over medium heat.
- Add nuts to pan; cook 1 1/2 minutes or until toasted, stirring occasionally.
- Add nuts to bowl.
- Heat oil in pan over medium heat.
- Add garlic to pan; cook 2 minutes, stirring occasionally.
- Add spinach to pan; cook 2 minutes or until spinach wilts, stirring constantly.
- Add spinach mixture, cheese, and remaining ingredients to bowl; toss well.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:13.32, Inflammation Score:-10, Nutrition Score:17.36869554416%

## Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

## Nutrients (% of daily need)

Calories: 327.73kcal (16.39%), Fat: 15.78g (24.28%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 27.96g (10.17%), Sugar: 2.16g (2.4%), Cholesterol: 38.41mg (12.8%), Sodium: 518.66mg (22.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Vitamin K: 207.74µg (197.85%), Vitamin A: 4049.91IU (81%), Manganese: 0.7mg (34.78%), Calcium: 226.09mg (22.61%), Folate: 84µg (21%), Iron: 3.13mg (17.38%), Vitamin C: 13.37mg (16.21%), Fiber: 3.58g (14.31%), Magnesium: 46.03mg (11.51%), Phosphorus: 111.89mg

(11.19%), Vitamin B6: 0.19mg (9.28%), Vitamin E: 1.32mg (8.81%), Potassium: 306.51mg (8.76%), Selenium: 5.53µg (7.9%), Vitamin B2: 0.13mg (7.43%), Vitamin B1: 0.09mg (6.22%), Copper: 0.11mg (5.58%), Zinc: 0.8mg (5.35%), Vitamin B3: 1.04mg (5.2%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.17mg (1.75%)