



Pasta with Roasted Cauliflower and Prosciutto

READY IN



50 min.

SERVINGS



4

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 medium cauliflower cored (see How to Cut and Core Cauliflower)
- ☐ 1 pint cherry tomatoes
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 teaspoons sage dried
- ☐ 4 large cloves garlic
- ☐ 4 ounces pancetta
- ☐ 8 ounces orecchiette pasta

- ☐ 5 ounces pkt spinach cleaned coarsely chopped
- ☐ 1 cup parmesan cheese grated

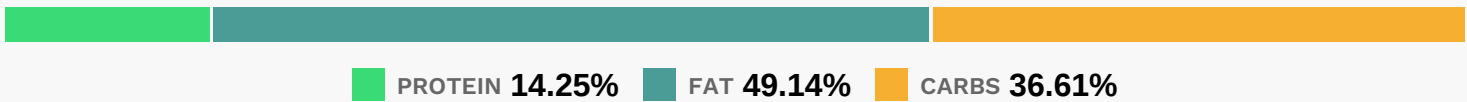
Equipment

- ☐ food processor
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Roast cauliflower and tomatoes: Preheat oven to 425°F.
- ☐ Lay out cauliflower and tomatoes in a roasting pan, coat with olive oil and sprinkle with salt and pepper. Roast until just lightly browned and cooked through, about 15 minutes.
- ☐ Bring a large pot of salted water to a boil (1 teaspoon salt for every quart of water).
- ☐ Add prosciutto mixture to cauliflower, return to oven: While water is heating, pulse garlic, sage, and prosciutto together in a food processor until coarsely chopped. Once cauliflower has browned lightly, remove from oven, toss cauliflower with garlic prosciutto mixture, and return to oven to cook for 5–7 minutes more.
- ☐ Boil pasta uncovered (rolling boil) for 9–10 minutes until firm, but done (al dente). Reserve one cup of pasta liquid.
- ☐ Drain water from pot.
- ☐ Add cauliflower, tomatoes, arugula (or spinach), and Parmesan to the pasta. Stir in enough cooking water to moisten.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:18.23, Inflammation Score:-9, Nutrition Score:27.078695333522%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.64mg, Kaempferol: 12.64mg, Kaempferol: 12.64mg, Kaempferol: 12.64mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 610.54kcal (30.53%), Fat: 33.7g (51.84%), Saturated Fat: 9.88g (61.76%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 51.74g (18.81%), Sugar: 6.61g (7.34%), Cholesterol: 40.46mg (13.49%), Sodium: 867.32mg (37.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.99%), Vitamin C: 67.88mg (82.28%), Selenium: 51.84µg (74.06%), Vitamin K: 62.85µg (59.85%), Manganese: 0.96mg (47.91%), Phosphorus: 394.44mg (39.44%), Vitamin A: 1649.14IU (32.98%), Calcium: 326.6mg (32.66%), Folate: 102.64µg (25.66%), Potassium: 846.06mg (24.17%), Vitamin B6: 0.47mg (23.31%), Vitamin E: 3.21mg (21.38%), Magnesium: 81.37mg (20.34%), Fiber: 4.75g (19%), Zinc: 2.78mg (18.54%), Copper: 0.34mg (17.01%), Vitamin B3: 3.25mg (16.25%), Vitamin B1: 0.24mg (15.77%), Iron: 2.74mg (15.23%), Vitamin B2: 0.25mg (14.5%), Vitamin B5: 1.29mg (12.89%), Vitamin B12: 0.48µg (7.99%), Vitamin D: 0.24µg (1.59%)