



Penne with Garrotxa, Serrano Ham, and Sun-Dried Tomatoes

READY IN



45 min.

SERVINGS



2

CALORIES



834 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup crème fraîche
- ☐ 0.3 cup milk
- ☐ 8 ounces penne pasta
- ☐ 6 ounces serrano ham
- ☐ 0.3 cup sun-dried olives chopped
- ☐ 0.5 teaspoon pepper white freshly ground

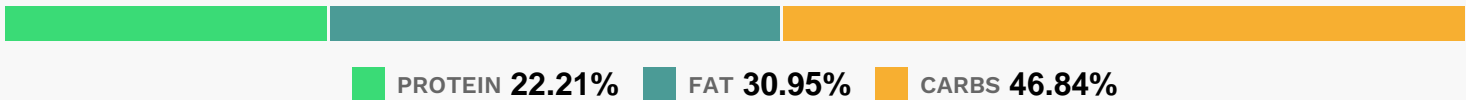
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ colander

Directions

- ☐ Preheat oven to 375°F.
- ☐ Cook the pasta in salted boiling water until al dente.
- ☐ Drain through a colander.Set aside.
- ☐ In a saucepan, combine cheese, milk, crème fraîche, and butter. Cook over medium-low heat until cheese is mostly melted and you have a creamy sauce. To keep the cheese sauce from breaking, remove the sauce from the heat before the cheese is entirely melted. Season with pepper, adding more to taste if you like.
- ☐ In a shallow buttered casserole dish, toss pasta with sun-dried tomatoes and Serrano ham.
- ☐ Pour the sauce over the pasta, then stir together until combined.
- ☐ Bake for 15 to 20 minutes, until the top is golden brown and bubbling around the edges.
- ☐ Serve immediately.
- ☐ ALTERNATIVE CHEESES: Ibores, Twig Farm Goat Tomme, Bardwell Farm's EquinoxWINE PAIRINGS: Txakoli, Catalanian white wine, Grüner Veltliner ADDITIONAL PAIRINGS FOR THE CHEESE: fig jam, picholine olives
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Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:36.97, Inflammation Score:-7, Nutrition Score:21.652173902677%

Nutrients (% of daily need)

Calories: 833.83kcal (41.69%), Fat: 29.18g (44.89%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 99.34g (33.11%), Net Carbohydrates: 93.32g (33.94%), Sugar: 13.35g (14.84%), Cholesterol: 98.22mg (32.74%), Sodium: 1771.22mg (77.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.1g (94.21%), Selenium: 75.47µg (107.81%), Manganese: 1.41mg (70.37%), Phosphorus: 356.65mg (35.67%), Copper: 0.6mg (30.16%), Potassium: 1001.38mg (28.61%), Magnesium: 105.67mg (26.42%), Fiber: 6.01g (24.06%), Iron: 4.27mg (23.75%), Vitamin B3: 3.68mg (18.38%), Vitamin B2: 0.3mg (17.61%), Zinc: 2.29mg (15.27%), Vitamin B1: 0.23mg (15.19%), Vitamin A: 742.8IU (14.86%), Calcium: 142.58mg (14.26%), Vitamin B6: 0.26mg (13.24%), Vitamin B5: 1.19mg (11.86%), Vitamin C: 7.81mg (9.47%), Folate: 36.59µg (9.15%), Vitamin K: 9.44µg (8.99%), Vitamin B12: 0.3µg (4.96%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.34µg (2.24%)