



## Penne with Pancetta and Mushrooms

READY IN



35 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 ounce pancetta bacon diced
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 10 ounce mushrooms sliced
- ☐ 0.3 cup parmesan cheese grated to taste
- ☐ 12 ounce penne pasta

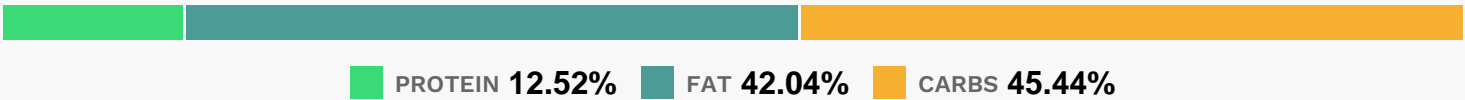
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

## Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside. Meanwhile, cook pancetta in a large skillet over medium heat until browned but not crispy, about 5 minutes.
- ☐ Drain on a paper towel-lined plate and set aside.
- ☐ Pour pancetta grease out of the skillet, and add butter. Increase heat to medium-high and stir in sliced mushrooms. Cook and stir until the mushrooms have softened and released their liquid.
- ☐ Add the minced garlic, and cook 2 more minutes. Reduce heat to medium-low, then stir in cream and Italian seasoning. Simmer until the sauce has thickened slightly.
- ☐ To serve, toss the cooked penne with the sauce, and sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:26.23, Inflammation Score:-6, Nutrition Score:17.792608789776%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 600.75kcal (30.04%), Fat: 28.15g (43.3%), Saturated Fat: 14.51g (90.69%), Carbohydrates: 68.46g (22.82%), Net Carbohydrates: 64.94g (23.61%), Sugar: 4.58g (5.08%), Cholesterol: 68.14mg (22.71%), Sodium: 312.19mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.71%), Selenium: 68.06µg (97.22%), Manganese: 0.86mg (43.04%), Phosphorus: 314.12mg (31.41%), Vitamin B2: 0.44mg (25.64%), Copper: 0.49mg

(24.63%), Vitamin B3: 4.91mg (24.53%), Vitamin B5: 1.66mg (16.62%), Magnesium: 59.25mg (14.81%), Vitamin B6: 0.29mg (14.64%), Zinc: 2.19mg (14.62%), Potassium: 508.17mg (14.52%), Fiber: 3.53g (14.1%), Vitamin B1: 0.2mg (13.66%), Vitamin A: 676.49IU (13.53%), Calcium: 103.23mg (10.32%), Iron: 1.69mg (9.37%), Folate: 29.49µg (7.37%), Vitamin D: 0.73µg (4.89%), Vitamin B12: 0.28µg (4.64%), Vitamin E: 0.68mg (4.56%), Vitamin C: 2.29mg (2.78%), Vitamin K: 2.44µg (2.33%)