



Penne with Pancetta and Tomato-Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



735 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup basil divided
- 0.5 cup wine dry white
- 2 garlic clove finely chopped
- 1 tablespoon olive oil
- 3 ounces pancetta chopped
- 1 pound penne pasta
- 29 ounce canned tomatoes diced canned
- 0.5 cup whipping cream

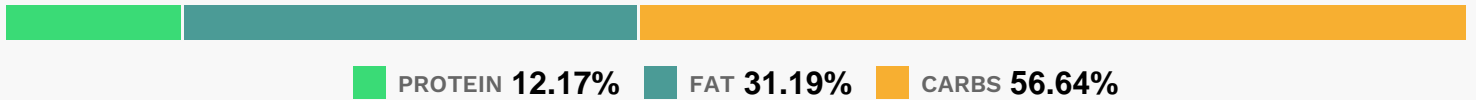
Equipment

- frying pan
- paper towels
- pot
- slotted spoon

Directions

- Cook pancetta in large skillet over medium-low heat until crisp, about 8 minutes. Using slotted spoon, transfer pancetta to paper towels to drain.
- Add olive oil and garlic to pancetta drippings and sauté 30 seconds.
- Add tomatoes with juices, wine, and cream. Bring sauce to boil; reduce heat to medium and simmer until sauce is slightly reduced, about 10 minutes. Stir in 1/2 cup basil. Season sauce to taste with salt and pepper.
- Meanwhile, cook pasta in pot of boiling salted water until tender but still firm to bite.
- Drain pasta and divide among 4 plates. Spoon sauce over pasta.
- Sprinkle pasta with pancetta and remaining 1/4 cup basil and serve.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:38.54, Inflammation Score:-8, Nutrition Score:26.778695583344%

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, Naringenin: 0.11mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 735.1kcal (36.76%), Fat: 25g (38.47%), Saturated Fat: 10.55g (65.95%), Carbohydrates: 102.17g (34.06%), Net Carbohydrates: 94.53g (34.38%), Sugar: 13.26g (14.73%), Cholesterol: 47.65mg (15.88%), Sodium: 428.9mg (18.65%), Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 21.94g (43.89%), Selenium: 78.32µg (111.89%), Manganese: 1.53mg (76.52%), Copper: 0.74mg (36.95%), Phosphorus: 338.18mg (33.82%), Vitamin K: 32.89µg (31.32%), Fiber: 7.64g (30.55%), Vitamin B6: 0.58mg (28.84%), Magnesium: 112.1mg (28.02%), Potassium: 966.08mg (27.6%), Vitamin B3: 5.4mg (26.99%), Iron: 4.53mg (25.18%), Vitamin C: 20.37mg (24.69%), Vitamin E: 3.6mg (24%), Vitamin A: 1124.6IU (22.49%), Vitamin B1: 0.33mg (21.79%), Zinc: 2.57mg (17.11%), Vitamin B2: 0.26mg (15.16%), Folate: 51.73µg (12.93%), Vitamin B5: 1.29mg (12.86%), Calcium: 127.81mg (12.78%), Vitamin D: 0.56µg (3.74%), Vitamin B12: 0.15µg (2.57%)