



Penne with Pancetta, Spinach, and Buttery Crumb Topping

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup butter melted
- ☐ 8 cups penne pasta hot tube-shaped cooked uncooked 1 pound pasta
- ☐ 1.5 ounces flour all-purpose
- ☐ 8 ounces bread french
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup half-and-half
- ☐ 3.8 cups milk 2% divided reduced-fat

- ☐ 0.8 cup onion chopped
- ☐ 3 ounces pancetta chopped
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 1.3 teaspoons salt
- ☐ 6 cups pkt spinach fresh chopped

Equipment

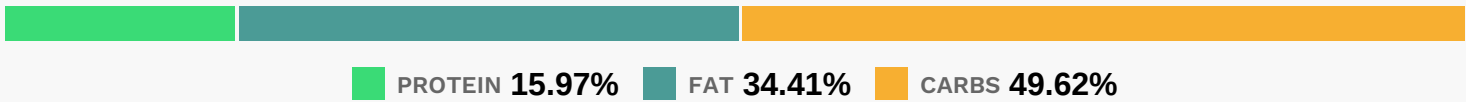
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 4 cups; set aside.
- ☐ Heat a large nonstick saucepan over medium-high heat. Coat with cooking spray.
- ☐ Add pancetta, onion, and garlic; saut 5 minutes or until onion is tender. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a small bowl; gradually add 3/4 cup milk, stirring until smooth.
- ☐ Add flour mixture, remaining 3 cups milk, and half-and-half to pan; bring to a boil, stirring constantly. Reduce heat, and simmer 2 minutes or until thick, stirring constantly.
- ☐ Add spinach; cook 1 minute.
- ☐ Remove from heat. Stir in cheese, salt, and pepper, stirring until cheese melts.
- ☐ Place pasta in a large bowl.

- ☐
- Add sauce mixture to pasta; toss well. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐
- Combine breadcrumbs and butter; toss well.
- ☐
- Sprinkle over pasta mixture.
- ☐
- Bake at 425 for 6 minutes or until crumbs are lightly browned.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:26.82, Inflammation Score:-9, Nutrition Score:22.44913047293%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 431.56kcal (21.58%), Fat: 16.5g (25.39%), Saturated Fat: 8.48g (52.97%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 50.46g (18.35%), Sugar: 8.51g (9.46%), Cholesterol: 38.58mg (12.86%), Sodium: 839.64mg (36.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.47%), Vitamin K: 110.1µg (104.86%), Selenium: 39.57µg (56.53%), Vitamin A: 2487.04IU (49.74%), Manganese: 0.73mg (36.36%), Phosphorus: 276.68mg (27.67%), Calcium: 276.34mg (27.63%), Vitamin B2: 0.47mg (27.4%), Folate: 103.56µg (25.89%), Vitamin B1: 0.36mg (24.26%), Iron: 3.24mg (18.01%), Magnesium: 62.69mg (15.67%), Vitamin B3: 2.77mg (13.84%), Vitamin B12: 0.75µg (12.52%), Fiber: 3.09g (12.38%), Potassium: 422.58mg (12.07%), Zinc: 1.81mg (12.06%), Vitamin B6: 0.23mg (11.33%), Vitamin C: 7.96mg (9.64%), Copper: 0.19mg (9.45%), Vitamin B5: 0.77mg (7.67%), Vitamin E: 0.85mg (5.69%)