



Penne with Parmesan Cream and Prosciutto

READY IN



40 min.

SERVINGS



6

CALORIES



721 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 cups heavy cream
- ☐ 1.5 cups parmigiano-reggiano finely grated (3 ounces)
- ☐ 1 pound penne pasta
- ☐ 2 ounces pancetta thinly sliced coarsely chopped

Equipment

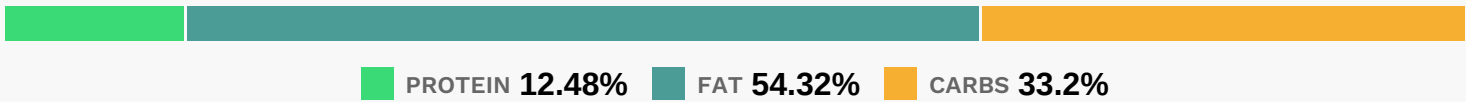
- ☐ sauce pan
- ☐ oven
- ☐ pot

- ☐ baking pan
- ☐ broiler
- ☐ colander

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 375°F.
- ☐ Bring cream, 1 1/2 cups cheese, 3/4 teaspoon black pepper, and 3/4 teaspoon salt just to a boil in a small heavy saucepan over moderate heat, stirring occasionally.
- ☐ Remove from heat.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water, until al dente, then drain in a colander. Return pasta to pot, then stir in parmesan cream and prosciutto, tossing to coat.
- ☐ Transfer mixture to a 2-quart shallow flameproof gratin or baking dish (about 11 by 8 by 2 inches; not glass) and bake 15 minutes.
- ☐ Stir pasta well to coat evenly with sauce, then sprinkle with remaining 2 tablespoons cheese.
- ☐ Turn on broiler and broil pasta 4 to 5 inches from heat until top is lightly browned, 2 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:22.91, Inflammation Score:-8, Nutrition Score:16.292608722397%

Nutrients (% of daily need)

Calories: 721.33kcal (36.07%), Fat: 43.57g (67.03%), Saturated Fat: 26.1g (163.1%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 57.49g (20.91%), Sugar: 4.82g (5.36%), Cholesterol: 124.09mg (41.36%), Sodium: 491.69mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.05%), Selenium: 57.98µg (82.83%), Phosphorus: 381.75mg (38.18%), Calcium: 371.25mg (37.13%), Manganese: 0.7mg (35.01%), Vitamin A: 1510.72IU (30.21%), Vitamin B2: 0.3mg (17.87%), Magnesium: 58.45mg (14.61%), Zinc: 2.08mg (13.86%), Copper: 0.24mg (12.01%), Vitamin D: 1.59µg (10.61%), Fiber: 2.42g (9.68%), Vitamin B6: 0.19mg (9.32%), Vitamin B3: 1.79mg (8.95%), Potassium: 295.08mg (8.43%), Vitamin B12: 0.49µg (8.17%), Vitamin B1: 0.12mg (8.11%), Iron: 1.32mg (7.31%), Vitamin B5: 0.72mg (7.19%), Vitamin E: 1mg (6.67%), Folate: 18.93µg (4.73%), Vitamin K: 3.36µg (3.2%)