



## Penne With Prosciutto, Tomatoes, And Rosemary

READY IN



25 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 ounce asiago cheese shredded finely
- 1.5 tablespoons rosemary fresh finely chopped
- 1 large onion halved sliced
- 8 ounce penne pasta uncooked
- 0.5 teaspoon pepper
- 0.3 pound pancetta thinly sliced
- 0.5 teaspoon salt
- 4 large tomatoes chopped

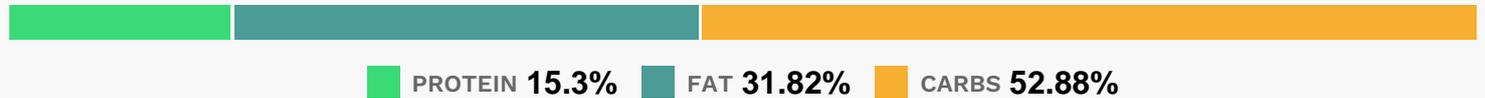
## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Cook pasta in a Dutch oven according to package directions, omitting salt and fat.
- Drain; set aside, and keep warm.
- Cook prosciutto in a large nonstick skillet over medium-high heat 4 minutes, stirring constantly. Reduce heat to medium, add onion; cook, stirring constantly, 5 minutes or until golden. Increase heat to high, and add tomatoes; cook, stirring constantly, 4 minutes. Stir in rosemary, salt, and pepper; remove from heat, and transfer to a large serving bowl.
- Add pasta; toss well.
- Sprinkle with Asiago cheese.

## Nutrition Facts



## Properties

Glycemic Index:41.5, Glycemic Load:19.75, Inflammation Score:-9, Nutrition Score:17.281739048336%

## Flavonoids

Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

## Nutrients (% of daily need)

Calories: 405.72kcal (20.29%), Fat: 14.39g (22.14%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 49.02g (17.83%), Sugar: 7.95g (8.83%), Cholesterol: 23.53mg (7.84%), Sodium: 606.15mg (26.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Selenium: 43.33µg (61.9%), Manganese: 0.82mg (41.01%), Vitamin C: 27.87mg (33.78%), Vitamin A: 1605.95IU (32.12%), Phosphorus: 252.62mg

(25.26%), Potassium: 683.57mg (19.53%), Fiber: 4.8g (19.22%), Vitamin B6: 0.36mg (17.81%), Vitamin B3: 3.26mg (16.29%), Magnesium: 61.46mg (15.36%), Copper: 0.31mg (15.29%), Vitamin B1: 0.22mg (14.48%), Vitamin K: 15.11µg (14.39%), Calcium: 127.73mg (12.77%), Folate: 45.99µg (11.5%), Zinc: 1.71mg (11.42%), Iron: 1.56mg (8.66%), Vitamin E: 1.19mg (7.95%), Vitamin B2: 0.13mg (7.46%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.23µg (3.78%)