



Penne with Sun-Dried Tomatoes and Arugula

READY IN



35 min.

SERVINGS



4

CALORIES



815 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups baby arugula coarsely chopped
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 3 large garlic cloves finely chopped
- ☐ 0.7 cup heavy cream
- ☐ 0.5 cup oil-packed sun-dried tomatoes drained finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped
- ☐ 0.3 pound pancetta thinly sliced finely chopped
- ☐ 0.5 cup parmesan plus additional grated for serving

☐ 1 pound penne rigate

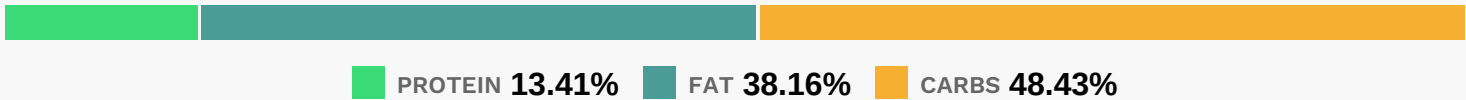
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook pancetta in oil in a 12-inch heavy skillet over medium-low heat, stirring occasionally, until browned and crisp, 6 to 10 minutes.
- ☐ Transfer pancetta with a slotted spoon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons fat from skillet.
- ☐ Add onion, garlic, and 1/4 teaspoon each of salt and pepper and cook, stirring occasionally, until onion is softened and lightly browned, about 8 minutes. Stir in cream, sun-dried tomatoes, and pancetta and simmer until slightly thickened, 2 to 3 minutes.
- ☐ Remove from heat, then add arugula and stir until just wilted, about 1 minute.
- ☐ Meanwhile, cook penne in a pasta pot of well-salted boiling water until al dente. Reserve 1 cup cooking water, then drain pasta.
- ☐ Add pasta and cheese to skillet and toss with sauce. Thin sauce with some of reserved cooking water, then stir in basil.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:37.02, Inflammation Score:-9, Nutrition Score:30.82869569115%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.1mg, Isorhamnetin: 3.1mg, Isorhamnetin: 3.1mg, Isorhamnetin: 3.1mg Kaempferol: 14.2mg, Kaempferol: 14.2mg, Kaempferol: 14.2mg, Kaempferol: 14.2mg Myricetin: 0.6mg,

Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 814.91kcal (40.75%), Fat: 34.75g (53.47%), Saturated Fat: 15.85g (99.08%), Carbohydrates: 99.25g (33.08%), Net Carbohydrates: 92.65g (33.69%), Sugar: 11.5g (12.77%), Cholesterol: 72.03mg (24.01%), Sodium: 434.6mg (18.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Selenium: 82.71µg (118.15%), Vitamin K: 114.86µg (109.39%), Manganese: 1.51mg (75.36%), Phosphorus: 448.24mg (44.82%), Vitamin A: 2077.24IU (41.54%), Magnesium: 122.44mg (30.61%), Potassium: 1047.4mg (29.93%), Copper: 0.6mg (29.83%), Calcium: 294.14mg (29.41%), Fiber: 6.6g (26.39%), Vitamin C: 19.35mg (23.46%), Vitamin B3: 4.59mg (22.95%), Iron: 3.91mg (21.75%), Folate: 82.02µg (20.5%), Vitamin B1: 0.3mg (20.25%), Vitamin B6: 0.4mg (20.04%), Zinc: 2.95mg (19.65%), Vitamin B2: 0.32mg (18.96%), Vitamin B5: 1.33mg (13.28%), Vitamin E: 1.35mg (9.01%), Vitamin B12: 0.36µg (5.92%), Vitamin D: 0.81µg (5.4%)