



Penne with Tomato Prosciutto Sauce

READY IN



30 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces fine-quality prosciutto such as prosciutto di parma, finely chopped and separated into pieces (1 1/2 cups) thinly sliced
- ☐ 2 garlic cloves finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 8 servings accompaniment: parmigiano-reggiano finely grated (shavings or)
- ☐ 1 pound penne rigate
- ☐ 56 ounce plum tomatoes in juice italian drained finely chopped canned
- ☐ 2 cups onion red finely chopped
- ☐ 1 teaspoon sugar

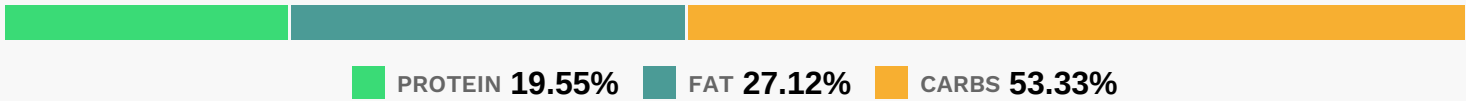
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in a wide heavy medium pot over medium-high heat until it shimmers, then sauté onion until golden, about 10 minutes.
- ☐ Add garlic and sauté until golden, about 1 minute.
- ☐ Add prosciutto and sauté until golden, about 4 minutes.
- ☐ Add tomatoes with reserved juice, sugar, and 1/4 teaspoon each of salt and pepper and simmer, uncovered, stirring occasionally, until thickened, 45 minutes to 1 hour. Cool, uncovered, then chill, covered, at least 8 hours (to allow flavors to develop).
- ☐ Cook penne in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente.
- ☐ Drain well.
- ☐ While pasta cooks, reheat sauce over medium heat.
- ☐ Toss pasta with some of sauce in a serving bowl and serve remaining sauce on the side.
- ☐ Sauce can be chilled up to 3 days.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:20.55, Inflammation Score:-9, Nutrition Score:19.760000083757%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 413.66kcal (20.68%), Fat: 12.55g (19.3%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 50.61g (18.4%), Sugar: 9.18g (10.2%), Cholesterol: 20.4mg (6.8%), Sodium: 8736.51mg (379.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.71%), Selenium: 42.91µg (61.31%), Manganese: 0.84mg (41.88%), Calcium: 402.65mg (40.27%), Vitamin A: 1888.23IU (37.76%), Phosphorus: 375.74mg (37.57%), Vitamin C: 30.38mg (36.83%), Potassium: 687.51mg (19.64%), Fiber: 4.89g (19.57%), Vitamin K: 18.52µg (17.64%), Magnesium: 69.48mg (17.37%), Vitamin B6: 0.32mg (16.19%), Copper: 0.31mg (15.74%), Zinc: 2.06mg (13.73%), Folate: 49.7µg (12.42%), Vitamin E: 1.71mg (11.42%), Vitamin B3: 2.28mg (11.38%), Vitamin B2: 0.18mg (10.77%), Vitamin B1: 0.16mg (10.4%), Iron: 1.71mg (9.48%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.36µg (6%)