



Prosciutto Parmesan Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



945 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce bow tie pasta
- 10 ounce peas drained canned
- 2 cups heavy cream
- 0.5 cup parmesan cheese freshly grated
- 0.5 pound pancetta sliced
- 4 servings salt to taste

Equipment

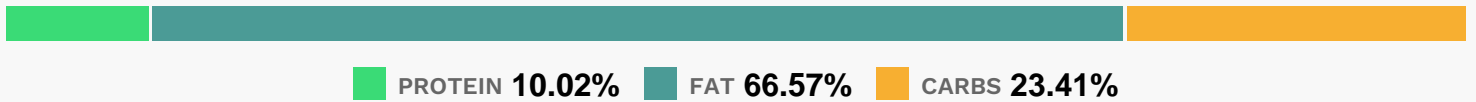
- frying pan

- paper towels
- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add the pasta and cook until al dente, about 8 to 10 minutes; drain.
- Lightly grease a skillet with cooking spray. Cook the prosciutto in the skillet over medium heat until just brown, 3 to 5 minutes.
- Remove from heat, drain excess fat and set prosciutto aside on paper towels.
- Meanwhile, heat the cream in a saucepan over medium-low heat. Slowly stir in 1 1/2 cup Parmesan cheese in small amounts. When all the cheese has been melted, stir in the peas and prosciutto. Allow to heat for 2 minutes more.
- Pour over drained pasta and toss lightly. Season with salt to taste and sprinkle with 1/2 cup Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:17.02, Inflammation Score:-9, Nutrition Score:20.81478266094%

Nutrients (% of daily need)

Calories: 945.12kcal (47.26%), Fat: 70.16g (107.94%), Saturated Fat: 37.06g (231.65%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 51.35g (18.67%), Sugar: 7.27g (8.07%), Cholesterol: 182.77mg (60.92%), Sodium: 954.54mg (41.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Selenium: 56.1µg (80.14%), Vitamin A: 2962.06IU (59.24%), Phosphorus: 381.73mg (38.17%), Manganese: 0.69mg (34.4%), Calcium: 218.08mg (21.81%), Vitamin B2: 0.36mg (21.4%), Vitamin B3: 4.04mg (20.18%), Vitamin B1: 0.29mg (19.28%), Zinc: 2.81mg (18.71%), Vitamin K: 18.75µg (17.86%), Fiber: 4.15g (16.61%), Vitamin B6: 0.33mg (16.46%), Magnesium: 63.03mg (15.76%), Vitamin D: 2.19µg (14.62%), Copper: 0.28mg (13.8%), Potassium: 449.92mg (12.85%), Iron: 2.06mg (11.45%), Vitamin B12: 0.64µg (10.71%), Vitamin E: 1.48mg (9.86%), Vitamin B5: 0.97mg (9.68%), Folate: 32.73µg (8.18%), Vitamin C: 6.24mg (7.57%)