



Runner bean & prosciutto pasta

READY IN



22 min.

SERVINGS



2

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g tagliatelle
- ☐ 200 g jicama trimmed cut into short lengths
- ☐ 3 slices pancetta
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp crème fraîche

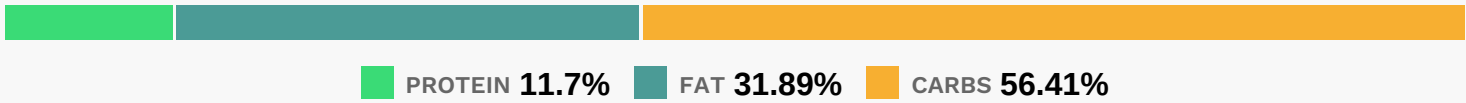
Equipment

- ☐ frying pan

Directions

- ☐ Cook the tagliatelle in a large pan of boiling, salted water according to pack instructions. Four mins before the end of the cooking time, add the runner beans.
- ☐ Meanwhile, cut each slice of prosciutto into 5–6 pieces.
- ☐ Heat the oil in a frying pan, add the ham, then fry quickly until crisp.
- ☐ Drain the pasta and return to the pan with the crme frache, prosciutto, pan juices and plenty of black pepper, tossing everything together until the pasta is well coated.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:26.76, Inflammation Score:-5, Nutrition Score:17.110434905342%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 509.68kcal (25.48%), Fat: 18.07g (27.79%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 71.89g (23.96%), Net Carbohydrates: 64.1g (23.31%), Sugar: 3.85g (4.28%), Cholesterol: 88.5mg (29.5%), Sodium: 105.68mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Selenium: 72.51µg (103.58%), Manganese: 0.81mg (40.54%), Fiber: 7.79g (31.15%), Phosphorus: 255.27mg (25.53%), Vitamin C: 20.31mg (24.62%), Magnesium: 65.39mg (16.35%), Copper: 0.32mg (15.75%), Vitamin B1: 0.2mg (13.62%), Zinc: 2.02mg (13.47%), Vitamin B6: 0.27mg (13.39%), Iron: 2.36mg (13.11%), Vitamin B3: 2.53mg (12.66%), Vitamin E: 1.89mg (12.59%), Potassium: 402.33mg (11.5%), Vitamin B5: 1.04mg (10.4%), Folate: 38.1µg (9.52%), Vitamin B2: 0.14mg (8.1%), Vitamin B12: 0.34µg (5.65%), Calcium: 55.42mg (5.54%), Vitamin K: 5.13µg (4.89%), Vitamin A: 154.45IU (3.09%), Vitamin D: 0.31µg (2.07%)