



Sauteed Leeks with Prosciutto and Goat Cheese over Capellini

READY IN



18 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces capellini pasta
- ☐ 0.5 cup goat cheese crumbled
- ☐ 4 servings salt and ground pepper black
- ☐ 4 leeks rinsed chopped
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup pancetta diced

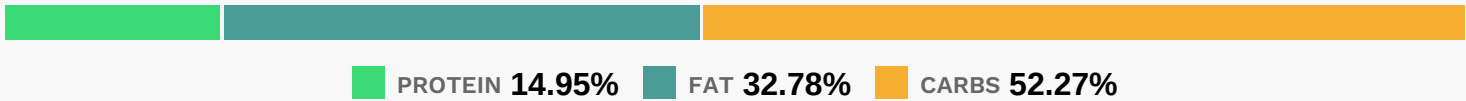
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook pasta according to package directions.
- ☐ Drain and set aside.
- ☐ Meanwhile: heat oil in a large skillet over medium heat.
- ☐ Add prosciutto and saute 1 to 2 minutes.
- ☐ Add leeks and saute 3 to 5 minutes, until tender. Season, to taste, with salt and black pepper.
- ☐ Add chicken broth and cooked pasta and simmer 2 minutes to heat through.
- ☐ Remove from heat and sprinkle goat cheese over top just before serving.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:29.07, Inflammation Score:-9, Nutrition Score:22.103478110355%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 590.7kcal (29.54%), Fat: 21.45g (33%), Saturated Fat: 8.67g (54.18%), Carbohydrates: 76.94g (25.65%), Net Carbohydrates: 72.59g (26.4%), Sugar: 6.03g (6.7%), Cholesterol: 32.57mg (10.86%), Sodium: 332.01mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.01g (44.03%), Selenium: 61.38µg (87.69%), Manganese: 1.25mg (62.62%), Vitamin K: 43.79µg (41.71%), Vitamin A: 1788.23IU (35.76%), Phosphorus: 316.13mg (31.61%), Copper: 0.59mg (29.45%), Vitamin B6: 0.48mg (24.05%), Iron: 3.72mg (20.65%), Magnesium: 78.55mg (19.64%), Folate: 75.69µg (18.92%), Vitamin B3: 3.52mg (17.59%), Fiber: 4.35g (17.4%), Vitamin B1: 0.23mg (15.44%), Zinc: 1.95mg (12.98%), Vitamin C: 10.68mg (12.95%), Vitamin B2: 0.22mg (12.86%), Potassium: 442.51mg (12.64%), Calcium: 113.22mg (11.32%), Vitamin E: 1.38mg (9.2%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.23µg (3.85%),

Vitamin D: 0.23µg (1.55%)