



Summer Fresh Pasta with Tomatoes and Prosciutto

READY IN



25 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce angel hair pasta
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 2 cloves garlic cloves minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated to taste
- ☐ 4 ounces pancetta thinly sliced cut into thin strips
- ☐ 0.5 teaspoon sea salt

- ☐ 1 large shallots thinly sliced
- ☐ 4 tomatoes seeded coarsely chopped

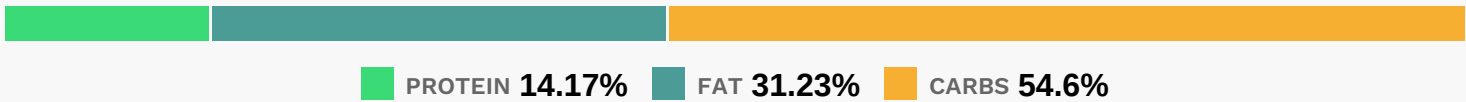
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a rolling boil. Cook angel hair pasta at a boil until tender but still slightly firm, 4 to 5 minutes.
- ☐ Drain the pasta, reserving 1 cup of the cooking water for later use.
- ☐ Transfer the drained pasta to a large serving bowl.
- ☐ Place tomatoes in a bowl; season with sea salt and black pepper.
- ☐ Pour 1/3 cup extra-virgin olive oil over the tomato mixture and gently toss; set aside.
- ☐ Heat 1 tablespoon olive oil in a small skillet over medium heat.
- ☐ Cook and stir sliced shallot in the hot oil until just becoming translucent, 1 to 2 minutes.
- ☐ Stir garlic into the shallot; continue cooking and stirring 1 minute more.
- ☐ Remove the skillet from heat.
- ☐ Assemble the dish by adding the tomato mixture, the shallot and garlic mixture, and the prosciutto to the pasta; toss to combine. Use the reserved water from cooking the pasta to make it easier to mix.
- ☐ Top the pasta dish with basil and Parmigiano-Reggiano cheese to serve.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:18.17, Inflammation Score:-6, Nutrition Score:12.093478363493%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 345.81kcal (17.29%), Fat: 11.95g (18.38%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 47.01g (15.67%), Net Carbohydrates: 44.02g (16.01%), Sugar: 4.05g (4.49%), Cholesterol: 15.31mg (5.1%), Sodium: 393.93mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Selenium: 40.77µg (58.24%), Manganese: 0.67mg (33.39%), Phosphorus: 187.7mg (18.77%), Vitamin A: 776.06IU (15.52%), Vitamin C: 12.06mg (14.62%), Fiber: 2.99g (11.96%), Vitamin K: 12.35µg (11.76%), Copper: 0.23mg (11.66%), Vitamin B6: 0.23mg (11.44%), Magnesium: 45.08mg (11.27%), Vitamin B3: 2.25mg (11.24%), Potassium: 384.08mg (10.97%), Vitamin B1: 0.14mg (9.34%), Zinc: 1.31mg (8.76%), Calcium: 76.02mg (7.6%), Iron: 1.19mg (6.62%), Vitamin E: 0.94mg (6.29%), Folate: 24.94µg (6.23%), Vitamin B2: 0.08mg (4.8%), Vitamin B5: 0.46mg (4.62%), Vitamin B12: 0.14µg (2.41%)