



WHATSheATE



Tagliatelle con Funghi e Prosciutto: Ribbon Noodles with Mushrooms and Prosciutto

Leftovers: Pattone: Refried Tagliatelle

READY IN



75 min.

SERVINGS



4

CALORIES



1104 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 0.5 cup butter softened
- ☐ 0.5 pound porcini mushrooms thinly sliced
- ☐ 4 eggs beaten
- ☐ 2 cloves garlic finely minced
- ☐ 4 servings ribbon noodles with mushrooms and prosciutto, cold

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 4 servings parmigiano-reggiano for grating
- ☐ 0.3 pound prosciutto di parma cut into lardons
- ☐ 1 teaspoon chile flakes red
- ☐ 0.5 onion red finely chopped
- ☐ 4 servings salt and pepper
- ☐ 1 pinch sugar

Equipment

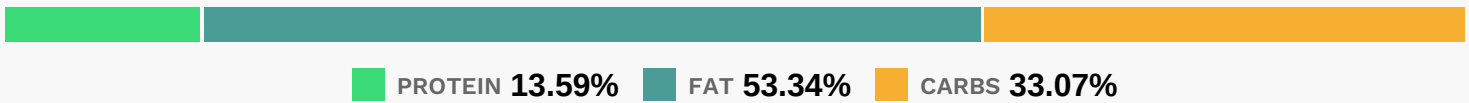
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Prepare the pasta dough according to the recipe.
- ☐ Roll it out to the thinnest setting on a pasta rolling machine, then cut the resultant sheet into ribbons 1/4-inch wide.
- ☐ Place the ribbons on a sheet tray dusted with semolina and set aside, covered with clean, damp kitchen towels, until ready to cook.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ In a 12 to 14-inch saute pan, heat oil until smoking.
- ☐ Add the onions and garlic and cook until light golden brown and wilted, 3 to 4 minutes.
- ☐ Add the mushrooms and saute over high heat 5 minutes, until golden brown. Season with chile flakes and salt and pepper, to taste.
- ☐ Drop the tagliatelle into the boiling water and cook 1 minute.

- ☐ Drain the pasta, reserving the cooking liquid, and add to the pan with the mushrooms. Toss over high heat 1 minute to coat the pasta, adding a splash of the cooking water if necessary to keep the sauce from being too "tight".
- ☐ Add prosciutto and toss to mix.
- ☐ Serve immediately in 4 warmed pasta bowls, topped with Parmigiano-Reggiano.
- ☐ Place the leftover pasta in a large bowl.
- ☐ Add the butter, eggs, bread crumbs, and cheese and mix in loosely by hand or with a wooden spoon. Take handfuls of the pasta mixture and form it into lightly compressed nests of 1-inch thickness and about 4 inches in diameter. You should have about 4 to 6 nests.
- ☐ In a large, heavy-bottomed skillet, heat the olive oil over high heat until it is almost smoking. Carefully place the nests in the hot oil and cook until they are golden brown and the edge is crispy.
- ☐ Remove from the oil, season with salt and pepper and drain on a plate lined with paper towels.
- ☐ Sprinkle with sugar if desired and serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:17.79, Inflammation Score:-9, Nutrition Score:43.915652482406%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 1104.1kcal (55.21%), Fat: 67.18g (103.36%), Saturated Fat: 29.28g (183.02%), Carbohydrates: 93.75g (31.25%), Net Carbohydrates: 84.7g (30.8%), Sugar: 4.57g (5.08%), Cholesterol: 272.3mg (90.77%), Sodium: 1376.71mg (59.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.01%), Copper: 3.18mg (158.99%), Vitamin B5: 13.77mg (137.7%), Selenium: 92.67µg (132.39%), Phosphorus: 721.16mg (72.12%), Vitamin B2: 1.17mg (68.58%), Manganese: 1.32mg (65.9%), Calcium: 574.23mg (57.42%), Vitamin B3: 10.78mg (53.9%), Zinc: 7.39mg

(49.27%), Vitamin B6: 0.87mg (43.51%), Fiber: 9.06g (36.22%), Potassium: 1206.68mg (34.48%), Magnesium: 137.87mg (34.47%), Folate: 137.03µg (34.26%), Vitamin A: 1437.77IU (28.76%), Vitamin B1: 0.41mg (27.35%), Vitamin E: 3.89mg (25.91%), Vitamin D: 3.42µg (22.78%), Iron: 3.5mg (19.45%), Vitamin B12: 1.12µg (18.59%), Vitamin K: 13.52µg (12.88%), Vitamin C: 3.47mg (4.21%)