



Whole-Grain Spaghetti with Pecorino, Prosciutto and Pepper (Fall)

READY IN



15 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 ounces pecorino grated
- ☐ 2 tablespoons colored peppercorns mixed
- ☐ 6 ounces pancetta thinly sliced chopped
- ☐ 1 pound whole-grain spaghetti whole-wheat or

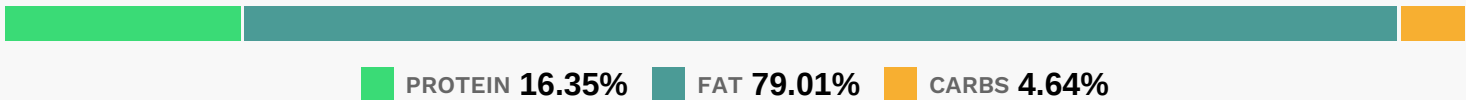
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Heat a small, heavy-bottomed skillet over medium-high heat.
- ☐ Add the peppercorns and toast for about 20 to 30 seconds.
- ☐ Add the oil and cook for 1 minute.
- ☐ Remove the pan from the heat.
- ☐ Drain the pasta reserving about 1/2 cup of the pasta water.
- ☐ Transfer the spaghetti to a large serving bowl.
- ☐ Add 1 cup of the pecorino and toss to combine, gradually adding reserved pasta water, if needed, to loosen up the pasta.
- ☐ Add the oil mixture, prosciutto, 2 tablespoons of parsley, and 2 tablespoons of basil. Toss well to combine all ingredients.
- ☐ Garnish with the remaining pecorino, parsley, and basil.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:10.54130445356%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 28.02g (43.11%), Saturated Fat: 9.91g (61.96%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.25g (0.28%), Cholesterol: 48.19mg (16.06%), Sodium: 530.15mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.09%), Vitamin K: 56.65µg (53.95%), Calcium: 323.13mg (32.31%), Phosphorus: 263.56mg (26.36%), Manganese: 0.45mg (22.47%), Selenium: 9.98µg (14.25%), Vitamin E: 1.54mg (10.3%), Vitamin A: 409.72IU (8.19%), Vitamin B2: 0.14mg (8.06%), Vitamin B12: 0.46µg (7.65%), Zinc: 1.14mg (7.6%), Vitamin B1: 0.09mg (6.32%), Vitamin B3: 1.24mg (6.21%), Magnesium: 22.62mg (5.65%), Vitamin B6: 0.11mg (5.65%), Iron: 0.9mg (4.97%), Vitamin C: 3.51mg (4.25%), Potassium: 141.7mg (4.05%), Fiber: 0.94g (3.77%), Copper: 0.07mg (3.62%), Vitamin B5: 0.34mg (3.36%), Folate: 7.03µg (1.76%), Vitamin D: 0.26µg (1.7%)