



Asiago Sun-Dried Tomato Pasta

READY IN



60 min.

SERVINGS



8

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon asiago cheese
- 0.8 cup bacon
- 16 ounce bow tie pasta
- 0.3 cup butter
- 1 cube chicken bouillon
- 1 tablespoon cornstarch mixed with equal parts water
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic chopped
- 1 cup green onion chopped

- 1 cup heavy cream
- 1 cup onion diced red
- 1 cup sun-dried tomatoes chopped

Equipment

- frying pan
- sauce pan
- whisk
- pot

Directions

- In a large saucepan over medium heat, cook 2 cups cream until just bubbling. Watch carefully, to ensure that it doesn't boil over. Stir in bouillon and Asiago cheese. Stir with a whisk until dissolved.
- Add cornstarch mixture, and simmer until sauce is thickened, stirring constantly.
- Mix in the sun-dried tomatoes. Set aside, or cover and refrigerate for later use.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Melt butter in a large saucepan over medium heat.
- Saute red onion until soft and translucent. Stir in garlic and cooked bacon, and cook for 2 minutes. Stir in green onions, chicken and 1 cup cream. Cook, stirring, until cream is heated through.
- Add Asiago cream sauce, and heat through. Toss with cooked pasta until evenly coated, and sprinkle with chopped parsley.

Nutrition Facts



PROTEIN 10.67% FAT 46.63% CARBS 42.7%

Properties

Glycemic Index:33.75, Glycemic Load:19.5, Inflammation Score:-7, Nutrition Score:17.032608560894%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 510.07kcal (25.5%), Fat: 26.78g (41.2%), Saturated Fat: 13.77g (86.07%), Carbohydrates: 55.17g (18.39%), Net Carbohydrates: 50.94g (18.53%), Sugar: 8.72g (9.69%), Cholesterol: 63.93mg (21.31%), Sodium: 232.68mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Selenium: 42.46µg (60.66%), Vitamin K: 49.8µg (47.42%), Manganese: 0.84mg (41.85%), Phosphorus: 223.63mg (22.36%), Potassium: 744.81mg (21.28%), Copper: 0.39mg (19.72%), Vitamin A: 957.19IU (19.14%), Fiber: 4.23g (16.91%), Magnesium: 67.11mg (16.78%), Vitamin B3: 3.23mg (16.16%), Vitamin B1: 0.21mg (13.99%), Iron: 2.42mg (13.45%), Vitamin C: 10.96mg (13.29%), Vitamin B6: 0.24mg (11.91%), Vitamin B2: 0.2mg (11.58%), Zinc: 1.53mg (10.22%), Folate: 34.35µg (8.59%), Vitamin B5: 0.78mg (7.83%), Calcium: 73.24mg (7.32%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.57µg (3.79%), Vitamin B12: 0.18µg (2.97%)