



Bacon and Butternut Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bacon
- 2 ounces cheese blue crumbled
- 2 tablespoons butter
- 3 cups butternut squash cubed peeled ()
- 8 ounces fettuccine barilla uncooked
- 2 garlic clove minced
- 0.5 cup spring onion sliced
- 3.3 teaspoons salt divided

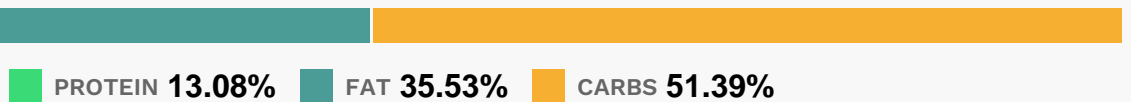
Equipment

- bowl
- frying pan
- sauce pan
- colander

Directions

- Bring 3 quarts water and 1 tablespoon salt to a boil in a large saucepan.
- Add pasta; cook for 8 minutes.
- Drain in a colander over a bowl, and reserve 1/3 cup cooking liquid.
- Cook bacon in a large skillet over medium heat until crisp.
- Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon; set aside.
- Add butter to drippings in pan; cook 30 seconds or until butter melts. Increase heat to medium-high.
- Add squash; saut 7 minutes or until almost tender.
- Add garlic; cook 1 minute, stirring constantly. Stir in remaining 1/4 teaspoon salt, pasta, reserved cooking liquid, and cheese; cook 2 minutes or until pasta is al dente, stirring frequently.
- Sprinkle with bacon and onions.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:22.017826095871%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 417.31kcal (20.87%), Fat: 16.76g (25.79%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 50.25g (18.27%), Sugar: 3.76g (4.17%), Cholesterol: 80.57mg (26.86%), Sodium: 2188.65mg (95.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.77%), Vitamin A: 11608.57IU (232.17%), Selenium: 49.83µg (71.19%), Manganese: 0.75mg (37.47%), Vitamin C: 24.87mg (30.14%), Vitamin K: 28.17µg (26.83%), Phosphorus: 250.59mg (25.06%), Magnesium: 76.23mg (19.06%), Vitamin B6: 0.36mg (18.17%), Potassium: 608.6mg (17.39%), Fiber: 4.33g (17.31%), Vitamin B1: 0.25mg (16.41%), Calcium: 160.2mg (16.02%), Vitamin B3: 3.12mg (15.58%), Folate: 58.15µg (14.54%), Vitamin E: 2.04mg (13.58%), Copper: 0.27mg (13.53%), Vitamin B5: 1.27mg (12.69%), Zinc: 1.83mg (12.2%), Iron: 2.13mg (11.83%), Vitamin B2: 0.15mg (8.77%), Vitamin B12: 0.4µg (6.74%), Vitamin D: 0.28µg (1.9%)