



Bacon and Mushroom Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce pre baby portobello mushrooms fresh
- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with roasted garlic, undrained canned
- 9 ounce fettuccine barilla fresh
- 3 garlic cloves minced
- 1 medium onion halved lengthwise thinly sliced
- 1.5 tablespoons oregano fresh chopped
- 0.3 cup parmesan cheese fresh grated

- 0.3 teaspoon salt
- 4 slices center-cut bacon

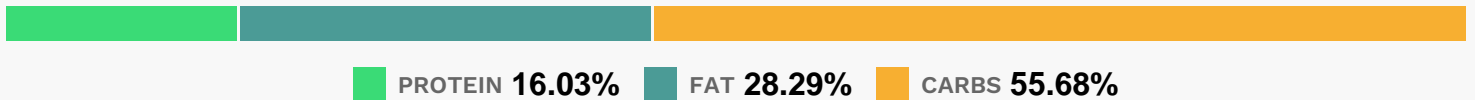
Equipment

- frying pan

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving 1 tablespoon drippings in pan. Crumble bacon, and set aside.
- Add onion to drippings in pan; saut 3 minutes.
- Add mushrooms and garlic; saut 4 minutes.
- Add tomatoes and next 4 ingredients; bring to a boil, reduce heat, and simmer 5 minutes.
- While vegetable mixture simmers, cook fettuccine according to package directions, omitting salt and fat.
- Drain and add fettuccine to vegetable mixture; toss well.
- Sprinkle pasta and vegetables with crumbled bacon and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:14.94, Inflammation Score:-8, Nutrition Score:14.895652221597%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 286.67kcal (14.33%), Fat: 9.19g (14.15%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 36.6g (13.31%), Sugar: 6.04g (6.71%), Cholesterol: 48.23mg (16.08%), Sodium: 365.45mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Selenium: 45.21µg (64.58%), Manganese:

0.65mg (32.68%), Phosphorus: 225.5mg (22.55%), Vitamin B3: 4.12mg (20.61%), Copper: 0.39mg (19.49%), Vitamin B6: 0.35mg (17.38%), Fiber: 4.11g (16.45%), Potassium: 528.71mg (15.11%), Iron: 2.47mg (13.72%), Vitamin B1: 0.2mg (13.46%), Magnesium: 48.15mg (12.04%), Calcium: 117.79mg (11.78%), Vitamin B5: 1.15mg (11.55%), Vitamin K: 12.06µg (11.48%), Zinc: 1.58mg (10.51%), Vitamin C: 8.16mg (9.89%), Folate: 38.63µg (9.66%), Vitamin B2: 0.16mg (9.54%), Vitamin E: 1.33mg (8.86%), Vitamin A: 234.31IU (4.69%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.32µg (2.14%)