



Bacon and Mushroom Spaghetti

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



658 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bacon
- 9 ounce mushrooms drained sliced canned
- 30 ounce tomato sauce canned
- 1 pound pasta like spaghetti dry
- 1 large onion sweet chopped vidalia® (such as)

Equipment

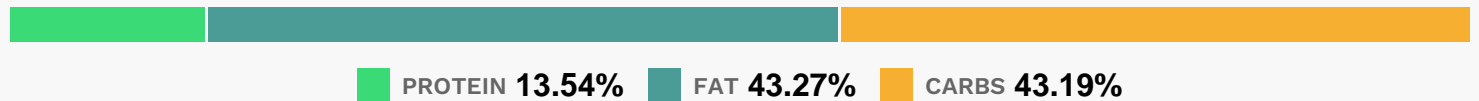
- frying pan
- pot

colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- Drain well in a colander set in the sink.
- While the pasta is cooking, brown the bacon with onion in a large pan over medium heat until the bacon is almost crisp, about 10 minutes; drain excess fat, and stir in the mushrooms and tomato sauce. Bring the sauce to a boil. Return the cooked spaghetti to the pot, mix with sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:25.12, Inflammation Score:-7, Nutrition Score:21.408260697904%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 658.02kcal (32.9%), Fat: 31.74g (48.83%), Saturated Fat: 10.34g (64.6%), Carbohydrates: 71.27g (23.76%), Net Carbohydrates: 65.21g (23.71%), Sugar: 10.83g (12.03%), Cholesterol: 49.9mg (16.63%), Sodium: 1362.02mg (59.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Selenium: 65.84µg (94.06%), Manganese: 0.93mg (46.59%), Phosphorus: 332.98mg (33.3%), Vitamin B3: 6.48mg (32.41%), Vitamin B6: 0.55mg (27.25%), Copper: 0.54mg (27.2%), Vitamin B1: 0.37mg (24.63%), Potassium: 859.77mg (24.56%), Fiber: 6.06g (24.25%), Magnesium: 81.75mg (20.44%), Zinc: 2.65mg (17.65%), Iron: 3.13mg (17.4%), Vitamin E: 2.46mg (16.43%), Vitamin B5: 1.58mg (15.82%), Vitamin C: 12.57mg (15.24%), Vitamin B2: 0.22mg (12.86%), Vitamin A: 642.29IU (12.85%), Folate: 44.16µg (11.04%), Vitamin B12: 0.38µg (6.3%), Calcium: 55.21mg (5.52%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.39µg (2.58%)