



WHATSheATE



Bacon and Parmesan Penne Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon coarsely chopped
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pound penne pasta dry

Equipment

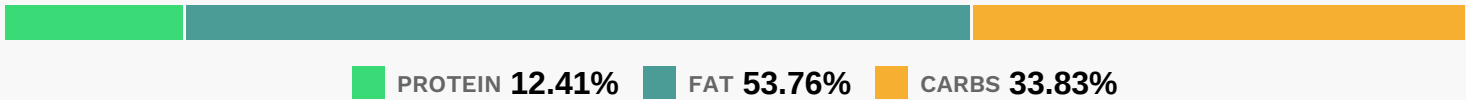
- ☐ bowl
- ☐ frying pan

☐ pot

Directions

- ☐ Place the chopped bacon and onion in a skillet over medium heat, and cook and stir until the bacon is crisp and the onion is beginning to brown, about 10 minutes.
- ☐ While the bacon and onion are cooking, 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 penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain pasta, transfer to a large serving bowl, and stir in the olive oil to coat the pasta.
- ☐ Drain the bacon grease from the skillet, leaving a couple of tablespoons or to taste. Stir the cooked bacon mixture into the pasta, and sprinkle the Parmesan cheese over the pasta. Stir to mix in the cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:17.3, Inflammation Score:-3, Nutrition Score:11.494782416717%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 538.27kcal (26.91%), Fat: 31.87g (49.04%), Saturated Fat: 9.6g (60.01%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 43.07g (15.66%), Sugar: 2.1g (2.33%), Cholesterol: 42.86mg (14.29%), Sodium: 488.81mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Selenium: 49.49µg (70.7%), Manganese: 0.55mg (27.46%), Phosphorus: 232.42mg (23.24%), Vitamin B3: 3.27mg (16.33%), Vitamin B1: 0.22mg (14.37%), Vitamin B6: 0.25mg (12.64%), Zinc: 1.76mg (11.75%), Magnesium: 40.42mg (10.1%), Copper: 0.2mg (9.78%), Vitamin E: 1.31mg (8.75%), Fiber: 2.05g (8.19%), Potassium: 270.35mg (7.72%), Calcium: 73.22mg (7.32%), Vitamin B2: 0.11mg (6.19%), Vitamin B12: 0.37µg (6.13%), Vitamin B5: 0.6mg (5.96%), Iron: 1.06mg (5.91%), Vitamin K: 4.28µg (4.08%), Folate: 13.19µg (3.3%), Vitamin D: 0.26µg (1.72%), Vitamin A: 75.32IU (1.51%), Vitamin C: 1.02mg (1.23%)