



WHATSheATE



Bacon and Swiss Chard Pasta

READY IN



35 min.

SERVINGS



6

CALORIES



706 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces bacon
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 pound pasta
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 cups onion red halved sliced
- ☐ 0.7 cup parmesan cheese grated
- ☐ 12 cups swiss chard stemmed chopped

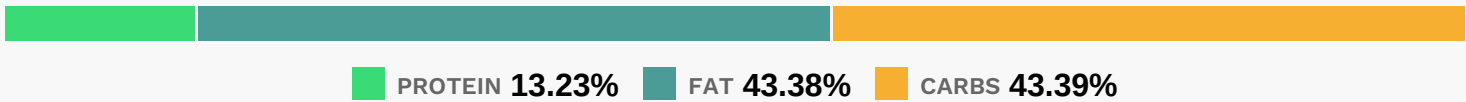
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook linguine in large pot of boiling saltedwater until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, cook bacon in heavy large pot over medium heat until beginning to crisp, about 10 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Drain all but 2 tablespoons bacon drippings from skillet.
- ☐ Add onion and saut over medium-high heat until softened, about 7 minutes.
- ☐ Add Swiss chard and sprinkle with salt and pepper.
- ☐ Add pasta cooking liquid to skillet. Toss until chard is wilted and tender, about 4 minutes.
- ☐ Sprinkle vinegar over; cook 1 minute.
- ☐ Add linguine and oil to sauce in pot and toss to coat.
- ☐ Transfer to large bowl.
- ☐ Sprinkle with bacon and cheese. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:26.71, Inflammation Score:-10, Nutrition Score:30.840869794721%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 5.22mg,

Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 34.06mg, Quercetin: 34.06mg, Quercetin: 34.06mg, Quercetin: 34.06mg

Nutrients (% of daily need)

Calories: 705.59kcal (35.28%), Fat: 34.06g (52.4%), Saturated Fat: 10.53g (65.78%), Carbohydrates: 76.64g (25.55%), Net Carbohydrates: 70.35g (25.58%), Sugar: 10g (11.11%), Cholesterol: 47.09mg (15.7%), Sodium: 734.84mg (31.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.74%), Vitamin K: 602.72µg (574.02%), Selenium: 64.51µg (92.16%), Vitamin A: 4523.81IU (90.48%), Manganese: 1.18mg (59.12%), Vitamin C: 33.44mg (40.53%), Phosphorus: 375mg (37.5%), Magnesium: 125.4mg (31.35%), Vitamin B6: 0.53mg (26.52%), Fiber: 6.29g (25.16%), Potassium: 810.83mg (23.17%), Vitamin B1: 0.33mg (22%), Copper: 0.44mg (21.94%), Vitamin B3: 4.05mg (20.24%), Calcium: 191.24mg (19.12%), Vitamin E: 2.78mg (18.56%), Zinc: 2.75mg (18.33%), Iron: 2.96mg (16.42%), Vitamin B2: 0.24mg (13.98%), Folate: 54.75µg (13.69%), Vitamin B5: 1mg (9.97%), Vitamin B12: 0.43µg (7.22%), Vitamin D: 0.28µg (1.88%)