



Bacon & broccoli pasta

READY IN



20 min.

SERVINGS



4

CALORIES



889 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g pack shaped pasta (we used farfalle)
- ☐ 1 head broccoli cut into small florets
- ☐ 8 rashers bacon smoked cut into large pieces
- ☐ 5 tbsp pesto
- ☐ 4 servings parmesan grated (or vegetarian alternative)

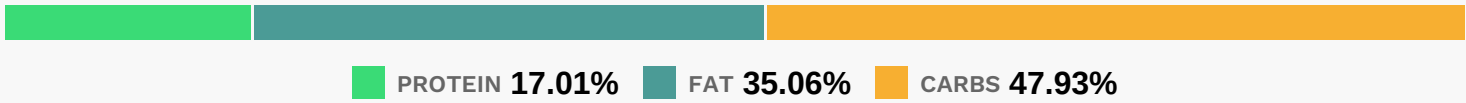
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Bring a large pan of water to the boil and cook the pasta according to pack instructions. About 3 mins before the pasta is cooked, throw in the broccoli. When everything is done, drain, reserving about 100ml of the cooking water.
- ☐ While the pasta is cooking, grill the bacon for 6–7 mins until crisp, then cut into bite-size pieces. Tip everything into the pasta pan, toss together well and loosen with a little of the cooking water, if needed.
- ☐ Sprinkle over the Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:39.75, Inflammation Score:-9, Nutrition Score:36.474347653596%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 889.07kcal (44.45%), Fat: 34.6g (53.23%), Saturated Fat: 12.49g (78.08%), Carbohydrates: 106.46g (35.49%), Net Carbohydrates: 98.21g (35.71%), Sugar: 6.76g (7.51%), Cholesterol: 50.94mg (16.98%), Sodium: 1004.85mg (43.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.76g (75.53%), Vitamin C: 135.58mg (164.34%), Vitamin K: 155.68µg (148.26%), Selenium: 98.39µg (140.56%), Manganese: 1.48mg (73.81%), Phosphorus: 608.13mg (60.81%), Calcium: 485.28mg (48.53%), Fiber: 8.25g (33.01%), Vitamin A: 1575.54IU (31.51%), Folate: 120.36µg (30.09%), Vitamin B6: 0.59mg (29.39%), Magnesium: 116.65mg (29.16%), Potassium: 873.79mg (24.97%), Zinc: 3.73mg (24.87%), Vitamin B3: 4.95mg (24.74%), Vitamin B1: 0.35mg (23.57%), Copper: 0.46mg (23.19%), Vitamin B2: 0.39mg (22.83%), Iron: 3.27mg (18.17%), Vitamin B5: 1.79mg (17.9%), Vitamin E: 1.58mg (10.52%), Vitamin B12: 0.58µg (9.67%), Vitamin D: 0.33µg (2.17%)