



Bacon, Lettuce & Tomato Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups baby spinach leaves
- 4 slices oscar mayer bacon crumbled cooked
- 1 cup cherry tomatoes
- 4 oz philadelphia cream cheese cubed ()
- 1 tsp penzey's southwest seasoning dried italian
- 1 cup milk
- 0.3 cup parmesan cheese grated kraft
- 3 cups penne pasta uncooked

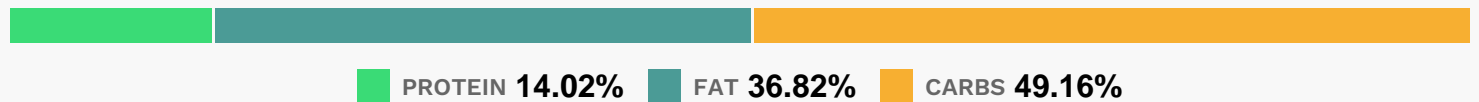
Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt.
- Meanwhile, cook cream cheese, milk and Parmesan in large skillet on medium-high heat 3 min. or until cream cheese is melted and sauce is well blended, stirring frequently.
- Add all remaining ingredients except pasta; cook and stir 5 min. or until heated through.
- Drain pasta; return to pan.
- Add sauce; toss to coat.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:26.91, Inflammation Score:-9, Nutrition Score:22.651738975359%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 578.25kcal (28.91%), Fat: 23.58g (36.28%), Saturated Fat: 11.01g (68.82%), Carbohydrates: 70.82g (23.61%), Net Carbohydrates: 67.34g (24.49%), Sugar: 7.27g (8.07%), Cholesterol: 55.91mg (18.64%), Sodium: 388.33mg (16.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.39%), Selenium: 63.89µg (91.27%), Vitamin K: 77.26µg (73.58%), Manganese: 0.98mg (49.16%), Vitamin A: 2138.11IU (42.76%), Phosphorus: 341.16mg (34.12%), Calcium: 202.73mg (20.27%), Magnesium: 75.84mg (18.96%), Vitamin B2: 0.28mg (16.37%), Copper: 0.31mg (15.58%), Potassium: 542.71mg (15.51%), Vitamin C: 12.72mg (15.42%), Zinc: 2.26mg (15.04%), Vitamin B6: 0.3mg (14.99%), Fiber: 3.48g (13.93%), Vitamin B3: 2.74mg (13.71%), Vitamin B1: 0.2mg (13.66%), Folate: 53.12µg (13.28%), Iron: 2.07mg (11.51%), Vitamin B12: 0.59µg (9.77%), Vitamin B5: 0.96mg (9.57%), Vitamin E: 1.09mg (7.26%), Vitamin D: 0.79µg (5.27%)