



Bacon & mushroom pasta

♡ Popular

READY IN



25 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta (or other tube shape)
- ☐ 250 g mushrooms
- ☐ 8 bacon
- ☐ 4 tbsp basil pesto fresh (from the chiller cabinet if possible)
- ☐ 200 ml carton half-fat crème fraîche 50%
- ☐ 1 handful basil

Equipment

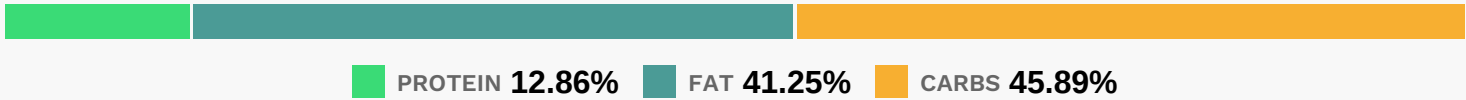
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ Cook the pasta in boiling water in a large non-stick saucepan according to pack instructions. Meanwhile, slice the mushrooms and snip the bacon into bite-size pieces with scissors or a sharp knife.
- ☐ Reserve a few drops of the cooking water in a cup or bowl, then drain the pasta and set aside. Fry the bacon and mushrooms in the same pan until golden, about 5 mins. Keep the heat high so the mushrooms fry in the bacon fat, rather than sweat.
- ☐ Tip the pasta and reserved water back into the pan and stir over the heat for 1 min. Take the pan off the heat, spoon in the pesto and crme frache and most of the basil and stir to combine.
- ☐ Sprinkle with the remaining basil to serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:30.47, Inflammation Score:-5, Nutrition Score:17.669565128243%

Nutrients (% of daily need)

Calories: 707.9kcal (35.39%), Fat: 32.24g (49.6%), Saturated Fat: 12.22g (76.37%), Carbohydrates: 80.68g (26.89%), Net Carbohydrates: 76.61g (27.86%), Sugar: 5.89g (6.54%), Cholesterol: 30.24mg (10.08%), Sodium: 490.67mg (21.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Selenium: 77.86µg (111.23%), Manganese: 0.96mg (47.85%), Phosphorus: 306.39mg (30.64%), Vitamin B3: 5.73mg (28.65%), Copper: 0.51mg (25.41%), Vitamin B2: 0.35mg (20.43%), Vitamin B1: 0.26mg (17.48%), Fiber: 4.07g (16.29%), Vitamin B6: 0.32mg (16.24%), Vitamin B5: 1.61mg (16.12%), Magnesium: 64.22mg (16.06%), Zinc: 2.26mg (15.05%), Potassium: 510.35mg (14.58%), Iron: 1.9mg (10.53%), Folate: 28.97µg (7.24%), Vitamin A: 345.05IU (6.9%), Calcium: 50.11mg (5.01%), Vitamin B12: 0.25µg (4.08%), Vitamin K: 2.17µg (2.07%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.3µg (2.01%), Vitamin C: 1.4mg (1.7%)