



## Bacon Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 12 bacon
- 16 ounces penne pasta cooked
- 0.5 cup mushrooms fresh sliced
- 2 garlic cloves minced
- 0.5 cup green onions sliced
- 1 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 2 cups whipping cream

# Equipment

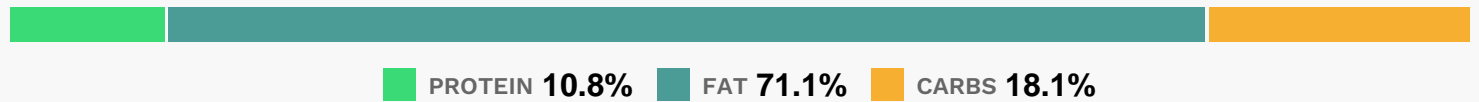
frying pan

# Directions

Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving 2 tablespoons drippings in skillet. Crumble bacon.

Saute sliced mushrooms and garlic in reserved drippings 3 minutes or until tender. Stir in pasta, Parmesan cheese, whipping cream, and pepper; simmer over medium-low heat, stirring often, until sauce is thickened. Stir in bacon and sliced green onions; serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:29.08, Glycemic Load:10.95, Inflammation Score:-7, Nutrition Score:13.557826021443%

# Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

# Nutrients (% of daily need)

Calories: 649.16kcal (32.46%), Fat: 51.53g (79.27%), Saturated Fat: 26.82g (167.64%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.8g (10.11%), Sugar: 3.12g (3.46%), Cholesterol: 133.19mg (44.4%), Sodium: 607.06mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.21%), Selenium: 37.96µg (54.23%), Vitamin A: 1410.73IU (28.21%), Phosphorus: 270.64mg (27.06%), Calcium: 215.97mg (21.6%), Vitamin K: 20.36µg (19.39%), Vitamin B2: 0.3mg (17.51%), Manganese: 0.32mg (15.91%), Zinc: 1.9mg (12.7%), Vitamin B3: 2.48mg (12.39%), Vitamin B1: 0.17mg (11.34%), Vitamin B6: 0.22mg (11.08%), Vitamin D: 1.54µg (10.3%), Vitamin B12: 0.58µg (9.59%), Iron: 1.5mg (8.33%), Magnesium: 33.2mg (8.3%), Potassium: 281.08mg (8.03%), Copper: 0.15mg (7.35%), Vitamin E: 1.1mg (7.32%), Vitamin B5: 0.72mg (7.2%), Fiber: 1.72g (6.88%), Folate: 16.22µg (4.05%), Vitamin C: 2.52mg (3.06%)