



Bacon-Pasta Rustica

READY IN



30 min.

SERVINGS



30

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer butcher applewood bacon smoked thick cut cut into 1-inch pieces
- 30 servings pepper black to taste
- 0.3 cup cooking wine dry white
- 0.3 cup basil fresh thinly sliced
- 2 cloves garlic chopped
- 1 cup grape tomatoes halved
- 0.3 cup parmesan cheese shredded kraft
- 2 cups rotini pasta uncooked

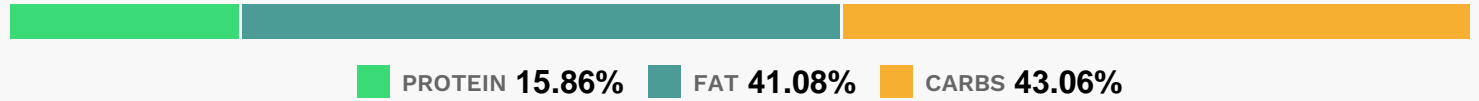
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, cook and stir bacon in large nonstick skillet on medium heat 14 min. or until crisp.
- Remove bacon from skillet with slotted spoon, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add tomatoes and garlic to drippings in skillet; cook 1 min. or just until garlic starts to brown.
- Drain pasta.
- Add to skillet with wine; cook 2 min., stirring occasionally. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:1.1017391390127%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 33.47kcal (1.67%), Fat: 1.46g (2.24%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.27g (0.3%), Cholesterol: 2.5mg (0.83%), Sodium: 33.42mg (1.45%), Alcohol: 0.21g (100%), Alcohol %: 1.71% (100%), Protein: 1.26g (2.53%), Selenium: 3.34µg (4.77%), Manganese: 0.06mg

(3.18%), Phosphorus: 19.7mg (1.97%), Vitamin K: 1.42µg (1.35%), Calcium: 12.69mg (1.27%), Vitamin A: 60.08IU (1.2%),
Vitamin B3: 0.22mg (1.12%), Vitamin B6: 0.02mg (1.11%)