



Bacon, pea & basil macaroni

READY IN



30 min.

SERVINGS



4

CALORIES



876 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 bacon chopped
- ☐ 2 leek finely sliced into rings
- ☐ 1 tbsp vegetable oil
- ☐ 140 g pea-mond dressing frozen
- ☐ 400 g .5 oz. macaroni
- ☐ 200 g cheese soft
- ☐ 85 g cheddar cheese grated
- ☐ 1 tbsp dijon mustard english
- ☐ 1 small bunch basil shredded

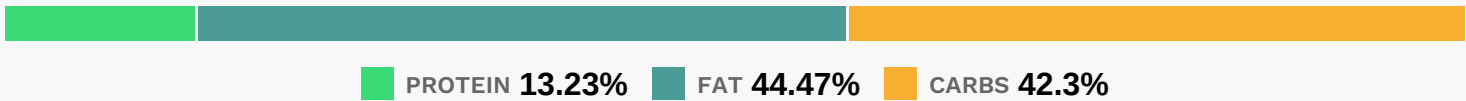
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Fry the bacon and leeks in the oil for 10 mins until the bacon is golden and the leeks soft. Tip in the peas and heat through. Meanwhile, boil the pasta and heat the grill to high.
- ☐ Reserve 150ml of the cooking water before you drain the pasta, then add it, the soft cheese, half the grated cheese and the mustard to the pan with the veg. Stir until the cheese melts into a creamy sauce. Stir in most of the basil and the pasta, then scatter with the rest of the cheese. Grill for 2–3 mins until the cheese melts. Scatter with basil to serve.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:4.71, Inflammation Score:-9, Nutrition Score:25.643478414287%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 875.88kcal (43.79%), Fat: 43.21g (66.48%), Saturated Fat: 19.46g (121.6%), Carbohydrates: 92.5g (30.83%), Net Carbohydrates: 86.19g (31.34%), Sugar: 8g (8.89%), Cholesterol: 93.53mg (31.18%), Sodium: 849.57mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.84%), Selenium: 81.47µg (116.39%), Manganese: 1.33mg (66.58%), Phosphorus: 458.64mg (45.86%), Vitamin K: 37.72µg (35.93%), Vitamin A: 1749.2IU (34.98%), Folate: 129.6µg (32.4%), Calcium: 259.58mg (25.96%), Fiber: 6.31g (25.23%), Magnesium: 99.49mg (24.87%), Copper: 0.47mg (23.69%), Zinc: 3.35mg (22.34%), Vitamin B6: 0.41mg (20.71%), Vitamin B1: 0.3mg (19.79%), Vitamin B2: 0.33mg (19.39%), Iron: 3.4mg (18.9%), Vitamin B3: 3.45mg (17.27%), Potassium: 554mg (15.83%), Vitamin B5: 1.2mg (11.97%), Vitamin E: 1.64mg (10.95%), Vitamin B12: 0.5µg (8.34%), Vitamin C: 5.84mg (7.08%), Vitamin D: 0.26µg (1.73%)