



Bacon-Tomato Linguine

READY IN



17 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 ounce bacon pieces cooked (such as Hormel)
- 4 garlic cloves minced
- 1.3 cups grape tomatoes halved
- 8 ounces pasta uncooked
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 1 teaspoon oregano dried
- 1 ounce preshredded parmesan cheese fresh
- 0.3 teaspoon pepper

1 teaspoon salt

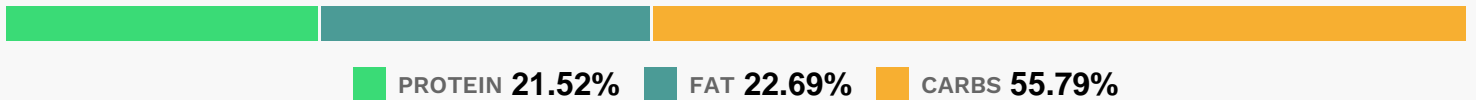
Equipment

frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain, reserving 1/2 cup pasta water.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 2 minutes.
- Add bacon bits; saut 2 minutes.
- Add tomato, garlic, and oregano; saut 30 seconds.
- Remove from heat.
- Add pasta, reserved pasta water, salt, and pepper. Stir well, and cook 1 minute or until thoroughly heated and liquid is absorbed.
- Remove from heat; cover and let stand 3 minutes.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:18.3, Inflammation Score:-7, Nutrition Score:10.787391117733%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 342.12kcal (17.11%), Fat: 8.64g (13.29%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 44.73g (16.26%), Sugar: 3.78g (4.2%), Cholesterol: 30.14mg (10.05%), Sodium: 1233.85mg (53.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.87%), Selenium: 37.98µg (54.26%), Manganese: 0.7mg (34.82%), Phosphorus: 179.6mg (17.96%), Fiber: 3.06g (12.23%), Calcium: 119.74mg (11.97%), Vitamin C: 9.23mg (11.19%), Copper: 0.22mg (10.87%), Magnesium: 42.96mg (10.74%), Vitamin B6: 0.19mg (9.67%), Vitamin A: 478.93IU (9.58%), Potassium: 300mg (8.57%), Vitamin K: 8.75µg (8.33%), Zinc: 1.16mg (7.76%), Iron: 1.23mg (6.86%), Vitamin B3: 1.35mg (6.73%), Vitamin B1: 0.09mg (5.89%), Folate: 23.25µg (5.81%), Vitamin E: 0.73mg (4.89%), Vitamin B2: 0.08mg (4.62%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.09µg (1.42%)