



Bacon Tomato Presto Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon chopped
- 0.5 cup cherry tomatoes
- 8 oz philadelphia chive & onion cream cheese spread
- 6 cups penne pasta hot cooked
- 1 cup milk
- 0.5 cup parmesan cheese grated kraft

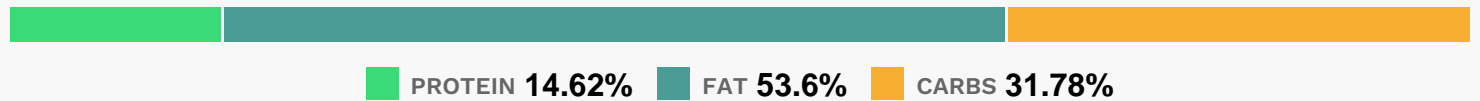
Equipment

- frying pan

Directions

- Cook bacon in skillet 5 min. or until bacon is crisp, stirring occasionally.
- Drain skillet, leaving bacon in skillet. Stir in cherry tomatoes.
- Add cream cheese spread, milk and Parmesan cheese; mix well. Cook until hot and bubbly, stirring frequently.
- Stir in pasta.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:3.81, Inflammation Score:-1, Nutrition Score:2.6939130626295%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.62kcal (6.18%), Fat: 7.28g (11.2%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 9.23g (3.36%), Sugar: 1.18g (1.31%), Cholesterol: 16.48mg (5.49%), Sodium: 159.92mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Selenium: 9.63µg (13.75%), Phosphorus: 56.68mg (5.67%), Calcium: 53.35mg (5.33%), Manganese: 0.09mg (4.48%), Vitamin A: 170.59IU (3.41%), Zinc: 0.4mg (2.65%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.49mg (2.45%), Vitamin B6: 0.05mg (2.42%), Vitamin B12: 0.14µg (2.39%), Vitamin B2: 0.04mg (2.27%), Iron: 0.4mg (2.22%), Magnesium: 8.32mg (2.08%), Fiber: 0.49g (1.94%), Potassium: 59.66mg (1.7%), Copper: 0.03mg (1.66%), Vitamin B5: 0.14mg (1.36%), Vitamin D: 0.18µg (1.21%), Vitamin C: 0.85mg (1.03%)