



BLT Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 oz baby spinach leaves
- ☐ 2 cups grape tomatoes cut in quarters
- ☐ 0.3 cup olive oil
- ☐ 1.5 oz parmesan cheese shaved
- ☐ 1.5 cups penne pasta
- ☐ 2 tablespoons onion red finely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons whole-grain mustard

☐ 10 strips d

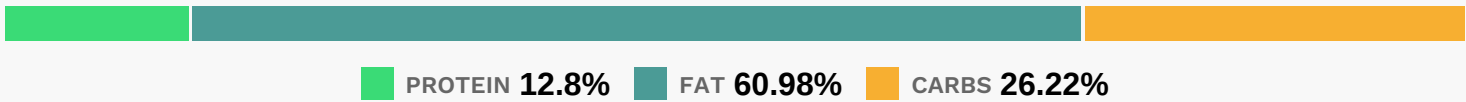
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Cook pasta in a saucepan of boiling salted water, stirring often, until al dente.
- ☐ Drain, then rinse with cold water until it's cool.
- ☐ Transfer pasta to a large salad bowl.
- ☐ Add oil, onion, vinegar, mustard and salt, then toss well.
- ☐ Crisp bacon in microwave, according to package directions; break into 1-inch pieces.
- ☐ Add to pasta with spinach, tomatoes and Parmesan cheese. Toss well and serve.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:13.86, Inflammation Score:-10, Nutrition Score:26.775652009508%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 576.65kcal (28.83%), Fat: 39.14g (60.22%), Saturated Fat: 11.1g (69.36%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 34.34g (12.49%), Sugar: 3.63g (4.03%), Cholesterol: 43.53mg (14.51%), Sodium: 899.11mg (39.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.96%), Vitamin K: 253.92µg (241.83%), Vitamin A: 5377.92IU (107.56%), Selenium: 41.48µg (59.26%), Manganese: 0.95mg (47.3%), Vitamin C: 24.56mg (29.78%), Folate: 116.88µg (29.22%), Phosphorus: 279.65mg (27.97%), Vitamin E: 3.67mg (24.46%), Magnesium:

83.03mg (20.76%), Calcium: 197.54mg (19.75%), Potassium: 680.33mg (19.44%), Vitamin B6: 0.38mg (19%), Vitamin B3: 3.78mg (18.9%), Vitamin B1: 0.27mg (17.81%), Iron: 2.57mg (14.27%), Fiber: 3.53g (14.11%), Copper: 0.26mg (13.08%), Zinc: 1.95mg (13.02%), Vitamin B2: 0.22mg (12.71%), Vitamin B12: 0.4µg (6.71%), Vitamin B5: 0.65mg (6.47%), Vitamin D: 0.27µg (1.82%)