



Canadian Bacon and Mozzarella Penne

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound canadian bacon cut into 1/4-inch dice
- ☐ 1.5 cups canned tomatoes thick canned crushed one 15-ounce can
- ☐ 0.5 pound mozzarella cheese fresh cut into 1/2-inch cubes
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2.5 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.8 pound penne pasta
- ☐ 4 servings red-pepper flakes dried

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup water

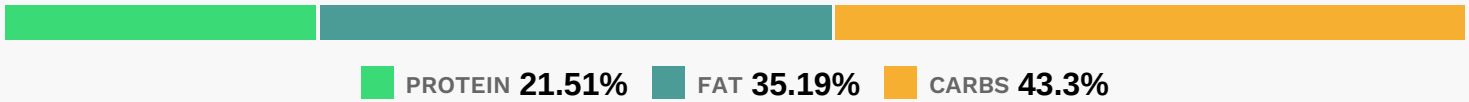
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a small bowl, combine the mozzarella, garlic, 1 1/2 tablespoons of the oil, 1/4 teaspoon of the salt, 1/4 teaspoon red-pepper flakes, and the parsley.
- ☐ In a large saucepan, heat the remaining 1 tablespoon oil over moderately low heat. Cook the onion, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the tomatoes, water, the remaining 1/2 teaspoon salt, and a pinch of red- pepper flakes. Reduce the heat and simmer, covered, for 15 minutes.
- ☐ In a large pot of boiling, salted water, cook the pasta until just done, about 13 minutes. Reserve 1/4 cup of the pasta-cooking water.
- ☐ Drain. Toss the pasta with the tomato sauce, mozzarella mixture, and Canadian bacon. If the sauce seems too thick, add some of the reserved pasta-cooking water.
- ☐ Wine Recommendation: A crisp red based on the barbera grape will be heavenly with this spicy, tomatoey sauce.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:28.19, Inflammation Score:-8, Nutrition Score:30.832174052363%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 696.14kcal (34.81%), Fat: 27.25g (41.92%), Saturated Fat: 10.26g (64.11%), Carbohydrates: 75.43g (25.14%), Net Carbohydrates: 69.85g (25.4%), Sugar: 7.77g (8.64%), Cholesterol: 73.14mg (24.38%), Sodium: 1465.62mg (63.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.94%), Selenium: 78.72µg (112.45%), Vitamin K: 75.16µg (71.58%), Phosphorus: 542.67mg (54.27%), Manganese: 1.05mg (52.61%), Vitamin B1: 0.61mg (40.35%), Calcium: 357.54mg (35.75%), Vitamin B3: 6.45mg (32.27%), Vitamin A: 1487.72IU (29.75%), Vitamin B6: 0.57mg (28.73%), Vitamin B12: 1.67µg (27.88%), Zinc: 4.06mg (27.03%), Copper: 0.48mg (24.05%), Vitamin E: 3.51mg (23.4%), Magnesium: 91.16mg (22.79%), Vitamin B2: 0.38mg (22.6%), Potassium: 782.2mg (22.35%), Fiber: 5.58g (22.32%), Iron: 3.6mg (20.01%), Vitamin C: 14.88mg (18.04%), Vitamin D: 1.81µg (12.1%), Folate: 42.95µg (10.74%), Vitamin B5: 1.05mg (10.52%)