



Capellini with Bacon and Bread Crumbs

READY IN



25 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bacon chopped
- 0.1 teaspoon pepper black freshly ground
- 8 ounces capellini whole wheat
- 0.3 teaspoon pepper red crushed
- 1 garlic clove sliced
- 1 pint grape tomatoes halved
- 1 cup chicken broth low-sodium
- 1 tablespoon olive oil
- 1 cup panko bread crumbs

- 1 tablespoon parmesan cheese divided freshly grated
- 0.3 cup parsley coarsely chopped
- 0.3 teaspoon salt

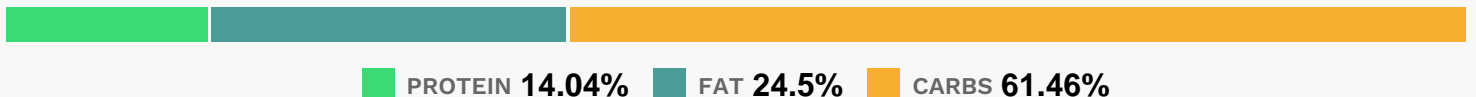
Equipment

- frying pan
- pot

Directions

- Cook pasta according to package directions until al dente. When pasta is done, reserve 1/2 cup cooking water; drain pasta and return to pot.
- Meanwhile, heat a large skillet over medium heat; add bacon. Cook, stirring, until bacon is
- crispy, about 5 minutes. add garlic and crushed red pepper; stir 1 minute or until fragrant. add tomatoes; cook, stirring occasionally, until tomatoes begin to soften, about 3 minutes.
- add broth to pan. simmer the mixture until broth is thick and has reduced to about 1/4 cup, 5-8 minutes.
- While sauce cooks, heat oil in a small skillet over medium heat. add panko and toast, stirring occasionally, until golden, 2-3 minutes.
- Season with salt and pepper.
- Remove sauce from heat; stir in 2 teaspoons parmesan and parsley.
- Toss sauce with pasta in pot; add cooking water to reach desired consistency, if needed.
- Divide among 4 serving plates. top with reserved bread crumbs and remaining parmesan.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:18.34, Inflammation Score:-8, Nutrition Score:18.556521782409%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 385.39kcal (19.27%), Fat: 10.51g (16.17%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 59.33g (19.78%), Net Carbohydrates: 55.22g (20.08%), Sugar: 5.68g (6.31%), Cholesterol: 8.35mg (2.78%), Sodium: 381.21mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.12%), Vitamin K: 74.27µg (70.73%), Selenium: 42.4µg (60.57%), Manganese: 0.82mg (41.2%), Vitamin A: 1353.64IU (27.07%), Vitamin C: 21.43mg (25.97%), Phosphorus: 205.56mg (20.56%), Vitamin B3: 3.98mg (19.91%), Vitamin B1: 0.28mg (18.38%), Fiber: 4.11g (16.43%), Copper: 0.32mg (15.86%), Potassium: 538.13mg (15.38%), Magnesium: 54.22mg (13.55%), Iron: 2.25mg (12.5%), Folate: 49.84µg (12.46%), Vitamin B6: 0.24mg (12.25%), Zinc: 1.52mg (10.11%), Vitamin B2: 0.15mg (9.04%), Vitamin E: 1.35mg (8.99%), Calcium: 72.49mg (7.25%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.18µg (3.06%)