



Cavatappi Pomodoro

READY IN



25 min.

SERVINGS



25

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices oscar mayer bacon
- 3 cups pasta uncooked
- 0.1 tsp pepper red crushed
- 0.3 cup basil fresh chopped
- 2 cloves garlic minced
- 1 cup milk italian* three cheese blend shredded 2% kraft
- 29 oz no-salt-added tomatoes diced with basil, garlic and oregano, drained canned
- 1 small onion chopped
- 0.3 cup no-salt-added tomato paste

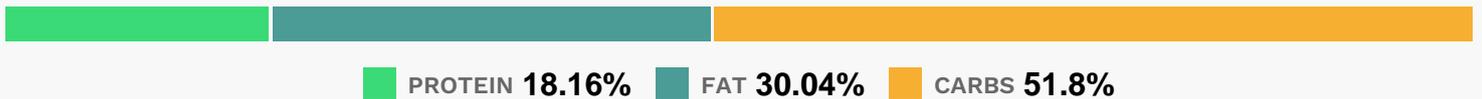
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt. Meanwhile, cook bacon in large skillet until crisp.
- Remove bacon from skillet, reserving 1 tsp. drippings in skillet.
- Drain bacon on paper towels.
- Add onions to reserved drippings; cook and stir on medium heat 5 min. Stir in garlic; cook 1 min.
- Add tomatoes, tomato paste and crushed pepper; simmer 5 to 6 min. or until thickened, stirring occasionally.
- Drain pasta; return to pan. Crumble bacon.
- Add to pasta with sauce; toss to coat. Spoon onto platter; top with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:2.4456521824974%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 57.73kcal (2.89%), Fat: 1.99g (3.06%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 6.99g (2.54%), Sugar: 1.42g (1.57%), Cholesterol: 2.06mg (0.69%), Sodium: 44.91mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Selenium: 5.13µg (7.32%), Manganese: 0.11mg

(5.5%), Vitamin C: 3.96mg (4.8%), Potassium: 113.89mg (3.25%), Vitamin B6: 0.06mg (3.2%), Fiber: 0.73g (2.91%), Iron: 0.52mg (2.87%), Copper: 0.06mg (2.83%), Phosphorus: 25.91mg (2.59%), Vitamin B3: 0.52mg (2.58%), Vitamin E: 0.36mg (2.39%), Calcium: 23.23mg (2.32%), Magnesium: 9.25mg (2.31%), Vitamin K: 2.28µg (2.17%), Vitamin B1: 0.03mg (1.97%), Vitamin A: 94.78IU (1.9%), Vitamin B2: 0.03mg (1.71%), Zinc: 0.19mg (1.3%), Folate: 4.95µg (1.24%)