



Cavatappi with Bacon and Summer Vegetables

READY IN



20 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 8 ounces pasta uncooked
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 1 cup ears corn fresh (2 ears)
- 1 pint grape tomatoes
- 2 teaspoons olive oil
- 1 cup onion

- 2 ounces parmesan divided shaved
- 0.5 teaspoon salt
- 4 slices bacon chopped
- 1 medium zucchini quartered cut into 1/4-inch-thick slices

Equipment

- frying pan
- whisk
- slotted spoon

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- While pasta cooks, cook bacon in a large nonstick skillet over medium-high heat 5 minutes or until crisp.
- Remove bacon from pan with a slotted spoon, reserving drippings in pan; add oil to drippings.
- Add onion and garlic to pan; saut 2 minutes, stirring occasionally.
- Add zucchini; cook 3 minutes, stirring occasionally. Stir in corn and tomatoes; cook 5 minutes or until tomatoes burst, stirring occasionally.
- Add pasta to tomato mixture; toss. Cook 1 minute or until thoroughly heated, stirring frequently.
- Remove from heat.
- Add 1/4 cup cheese, basil, salt, and pepper; toss to combine.
- Sprinkle with remaining cheese.
- Combine 1 tablespoon balsamic vinegar, 1 tablespoon orange juice, 2 teaspoons honey, 1/2 teaspoon Dijon mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Whisk in 1 tablespoon extra-virgin olive oil. Toss with 6 cups mixed salad greens.

Nutrition Facts



PROTEIN 15.75% FAT 37.69% CARBS 46.56%

Properties

Glycemic Index:87.75, Glycemic Load:19.49, Inflammation Score:-8, Nutrition Score:21.1956521169%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 513.38kcal (25.67%), Fat: 21.76g (33.47%), Saturated Fat: 7.76g (48.49%), Carbohydrates: 60.47g (20.16%), Net Carbohydrates: 55.23g (20.08%), Sugar: 9.95g (11.06%), Cholesterol: 33.4mg (11.13%), Sodium: 776.76mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Selenium: 46.97µg (67.1%), Manganese: 0.93mg (46.55%), Vitamin C: 31.33mg (37.98%), Phosphorus: 352.04mg (35.2%), Vitamin A: 1435.05IU (28.7%), Vitamin K: 25.9µg (24.67%), Vitamin B6: 0.47mg (23.3%), Potassium: 790.89mg (22.6%), Calcium: 219.46mg (21.95%), Fiber: 5.23g (20.94%), Magnesium: 82.31mg (20.58%), Vitamin B3: 4.1mg (20.5%), Vitamin B1: 0.3mg (20%), Copper: 0.33mg (16.58%), Folate: 65.63µg (16.41%), Zinc: 2.25mg (14.98%), Vitamin B2: 0.21mg (12.55%), Iron: 1.92mg (10.65%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 1.29mg (8.62%), Vitamin B12: 0.35µg (5.83%), Vitamin D: 0.21µg (1.43%)