



## 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
- 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 15.72%** **FAT 37.71%** **CARBS 46.57%**

## Properties

Glycemic Index:70.25, Glycemic Load:19.48, Inflammation Score:-8, Nutrition Score:20.724782430607%

## 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: 513.04kcal (25.65%), Fat: 21.75g (33.46%), Saturated Fat: 7.76g (48.49%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 55.22g (20.08%), Sugar: 9.95g (11.05%), Cholesterol: 33.4mg (11.13%), Sodium: 776.7mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.81%), Selenium: 46.96µg (67.09%), Manganese: 0.91mg (45.69%), Vitamin C: 31.06mg (37.65%), Phosphorus: 351.2mg (35.12%), Vitamin A: 1355.92IU (27.12%), Vitamin B6: 0.46mg (23.18%), Potassium: 786.46mg (22.47%), Calcium: 216.8mg (21.68%), Fiber: 5.21g (20.84%), Vitamin B3: 4.09mg (20.43%), Magnesium: 81.35mg (20.34%), Vitamin B1: 0.3mg (19.96%), Vitamin K: 19.67µg (18.74%), Copper: 0.33mg (16.29%), Folate: 64.61µg (16.15%), Zinc: 2.24mg (14.9%), Vitamin B2: 0.21mg (12.49%), Iron: 1.87mg (10.38%), Vitamin B5: 1.04mg (10.35%), Vitamin E: 1.28mg (8.54%), Vitamin B12: 0.35µg (5.83%), Vitamin D: 0.21µg (1.43%)