



## Chef John's BLT Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 cups baby arugula coarsely chopped
- 0.5 pound bacon
- 1 pinch cayenne pepper to taste
- 2 cups cherry tomatoes halved
- 0.7 cup crème fraîche
- 2 cups ditalini pasta
- 2 cloves garlic minced
- 4 servings salt and ground pepper black to taste
- 2 teaspoons lemon zest

1 tablespoon olive oil

## Equipment

frying pan

paper towels

pot

tongs

## Directions

Pour olive oil into a heavy skillet over medium heat, add bacon, and cook until almost crisp, 5 to 8 minutes. Turn off heat. Hold a paper towel with tongs and mop up excess bacon grease with the paper towel, leave about 2 teaspoons bacon grease in the skillet.

Stir minced garlic and lemon zest into bacon in the skillet and let cook in residual heat until fragrant, 2 to 3 minutes. Stir creme fraiche into bacon mixture.

Bring a large pot of salted water to a boil and stir in 2 cups of ditalini. Cook till tender, about 8 minutes.

Drain and add pasta to the skillet. Stir pasta thoroughly into bacon and creme fraiche mixture.

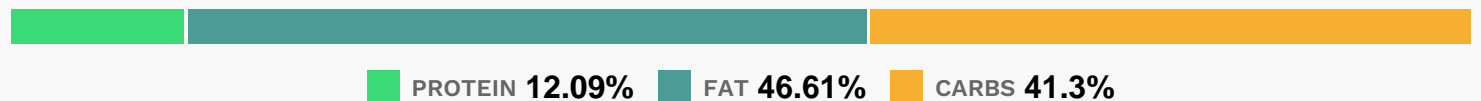
Return skillet to medium heat.

Add tomatoes; cook and stir until slightly softened, about 1 minute.

Mix in arugula, stirring until wilted, about 30 seconds, and turn off heat.

Season with salt, black pepper, and cayenne pepper. Stir again and garnish with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:20.104782488035%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## **Nutrients (% of daily need)**

Calories: 676.36kcal (33.82%), Fat: 34.94g (53.76%), Saturated Fat: 12.16g (75.99%), Carbohydrates: 69.68g (23.23%), Net Carbohydrates: 65.98g (23.99%), Sugar: 5.87g (6.53%), Cholesterol: 60.04mg (20.01%), Sodium: 406.28mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.78%), Selenium: 66.56µg (95.09%), Manganese: 0.96mg (48.07%), Phosphorus: 303.45mg (30.34%), Vitamin C: 22.11mg (26.8%), Vitamin K: 26.86µg (25.58%), Vitamin A: 1110.28IU (22.21%), Vitamin B3: 4.22mg (21.1%), Vitamin B6: 0.38mg (19.02%), Vitamin B1: 0.28mg (18.61%), Magnesium: 72mg (18%), Copper: 0.35mg (17.57%), Potassium: 593.19mg (16.95%), Fiber: 3.7g (14.8%), Zinc: 2.2mg (14.67%), Iron: 2.21mg (12.3%), Folate: 46.72µg (11.68%), Vitamin B2: 0.2mg (11.6%), Calcium: 103.96mg (10.4%), Vitamin B5: 1mg (10.03%), Vitamin E: 1.5mg (10.01%), Vitamin B12: 0.36µg (6.07%), Vitamin D: 0.23µg (1.51%)