



Country Pasta with Mozzarella

READY IN



30 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 slices bacon cut into 1 inch pieces
- 2 cups broccoli florets
- 0.1 teaspoon ground pepper
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup parmesan cheese grated
- 8 ounces rigatoni
- 2 cups mozzarella cheese shredded

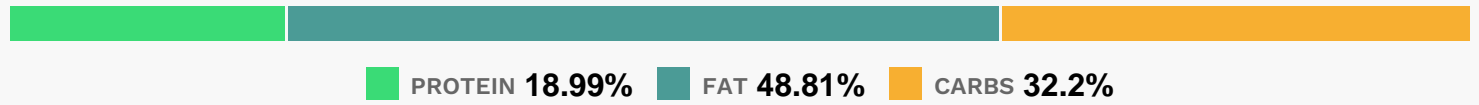
Equipment

frying pan

Directions

- Cook rigatoni according to package directions and drain.
- In a 10 inch skillet cook the bacon over medium heat, stirring occasionally, until the bacon is browned.
- Add the broccoli and garlic. Cook, stirring occasionally, until the broccoli is slightly tender (about 4 to 5 minutes).
- Stir in the cooked rigatoni, mozzarella cheese, parmesan cheese and cayenne pepper. Cook, stirring occasionally, until the cheese is melted.
- Sprinkle with the fresh chopped parsley.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:12.08, Inflammation Score:-6, Nutrition Score:16.983478499495%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 404.93kcal (20.25%), Fat: 21.87g (33.64%), Saturated Fat: 9.6g (60.01%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 30.35g (11.04%), Sugar: 1.95g (2.16%), Cholesterol: 52.48mg (17.49%), Sodium: 515.04mg (22.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Vitamin K: 72.96µg (69.48%), Selenium: 38.5µg (55%), Vitamin C: 30.73mg (37.24%), Phosphorus: 295.38mg (29.54%), Calcium: 254.35mg (25.43%), Manganese: 0.45mg (22.49%), Vitamin B12: 1.05µg (17.57%), Zinc: 2.31mg (15.42%), Vitamin A: 716.27IU (14.33%), Vitamin B2: 0.21mg (12.11%), Vitamin B6: 0.22mg (10.88%), Vitamin B3: 2.1mg (10.51%), Vitamin B1: 0.15mg (10.21%), Magnesium: 40.41mg (10.1%), Fiber: 2.1g (8.45%), Potassium: 292.97mg (8.37%), Folate: 32.65µg (8.16%), Copper: 0.15mg (7.45%), Iron: 1.19mg (6.62%), Vitamin B5: 0.58mg (5.82%), Vitamin E: 0.53mg (3.52%), Vitamin D:

0.29µg (1.92%)