



Courgette & tomato linguine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 140 g streaky bacon smoked diced cubed
- ☐ 300 g baby courgettes sliced cut into chunks
- ☐ 2 garlic cloves finely chopped
- ☐ 1 pinch chilli flakes dried
- ☐ 1 pinch caster sugar
- ☐ 1 tbsp red wine vinegar
- ☐ 800 g plum tomatoes canned

- ☐ 400 g pasta
- ☐ 1 handful flat-leaf parsley chopped

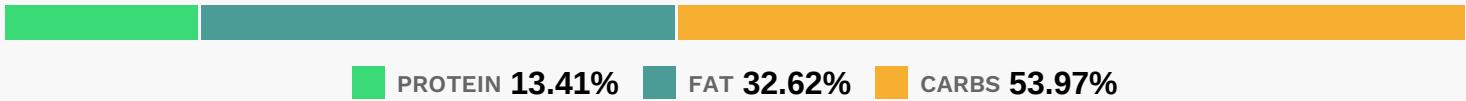
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a frying pan. Cook the pancetta or bacon until crisp, add the courgettes, then sizzle for 4 mins until golden.
- ☐ Add the garlic and chilli to the courgettes, cook for 1 min, then sprinkle with sugar and splash in the vinegar. Tip over the canned tomatoes, turn up the heat, season with salt and pepper, then simmer for 10 mins.
- ☐ While the sauce is simmering, cook the linguine, then drain. Toss the pasta through the sauce, then scatter with parsley and drizzle with a little more olive oil.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:32.39, Inflammation Score:-9, Nutrition Score:27.035217520983%

Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 634.92kcal (31.75%), Fat: 23.12g (35.57%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 86.06g (28.69%), Net Carbohydrates: 79.56g (28.93%), Sugar: 8.2g (9.12%), Cholesterol: 23.1mg (7.7%), Sodium: 251.62mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.76%), Selenium: 70.68µg (100.97%), Vitamin C: 54.79mg (66.41%), Manganese: 1.32mg (66.23%), Vitamin A: 2138.24IU (42.76%), Phosphorus: 360.4mg (36.04%), Vitamin K: 36.57µg (34.82%), Potassium: 1124.12mg (32.12%), Magnesium: 105.01mg (26.25%), Vitamin B6: 0.52mg (26.08%), Fiber: 6.5g (25.99%), Copper: 0.5mg (25.05%), Vitamin B3: 4.85mg (24.25%), Vitamin B1: 0.3mg

(19.73%), Zinc: 2.82mg (18.77%), Folate: 64.57µg (16.14%), Vitamin E: 2.37mg (15.78%), Iron: 2.72mg (15.13%), Vitamin B5: 1.09mg (10.92%), Vitamin B2: 0.16mg (9.19%), Calcium: 62.97mg (6.3%), Vitamin B12: 0.17µg (2.92%)