



Creamy Pappardelle with Leeks and Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 6 servings kosher salt
- ☐ 2 medium leek white halved lengthwise sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 pound pappardelle
- ☐ 4 slices bacon thick-cut cut into 1/2" pieces
- ☐ 1 tablespoon butter unsalted

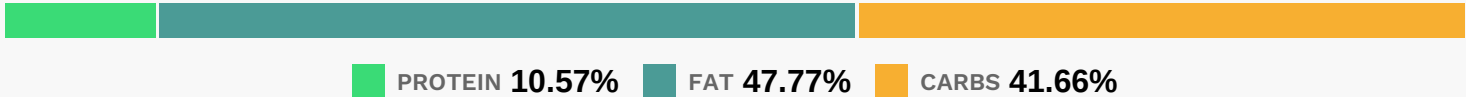
Equipment

☐ pot

Directions

- ☐ Heat oil and butter in a large heavy pot overmedium heat.
- ☐ Add bacon and cook, stirringoften, until fat is rendered and bacon iscrisp, 5–8 minutes.
- ☐ Add leeks and seasonwith salt. Increase heat to medium–highand cook, stirring often, until leeks beginto brown, 5–8 minutes.
- ☐ Add cream, thyme,and 1/2 cup water. Bring to a boil, reduceheat, and simmer, stirring occasionally, untilsauce is thickened and coats the back of aspoon, 5–8 minutes.
- ☐ Meanwhile, cook pasta in a large pot ofboiling salted water, stirring occasionally,until al dente.
- ☐ Drain pasta, reserving 2 cupspasta cooking liquid.
- ☐ Add pasta, Parmesan, and 1 cup pastacooking liquid to sauce and stir to coat.Increase heat to medium and continuestirring, adding more cooking liquid asneeded, until sauce coats pasta.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:23.82, Inflammation Score:-8, Nutrition Score:16.582608844923%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 568.28kcal (28.41%), Fat: 30.28g (46.59%), Saturated Fat: 12.78g (79.89%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 56.29g (20.47%), Sugar: 3.45g (3.83%), Cholesterol: 117.98mg (39.33%), Sodium: 382.92mg (16.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Selenium: 65.61µg (93.73%), Manganese: 0.8mg (40.2%), Phosphorus: 245.66mg (24.57%), Vitamin A: 1077.6IU (21.55%), Vitamin K: 18.25µg (17.38%), Vitamin B6: 0.31mg (15.45%), Vitamin B1: 0.22mg (14.6%), Magnesium: 58.23mg (14.56%), Copper:

0.28mg (13.89%), Vitamin B3: 2.7mg (13.52%), Iron: 2.33mg (12.96%), Fiber: 3.12g (12.49%), Zinc: 1.86mg (12.38%),
Vitamin E: 1.66mg (11.04%), Folate: 42.47µg (10.62%), Vitamin B5: 0.95mg (9.45%), Vitamin B2: 0.16mg (9.19%),
Potassium: 318.35mg (9.1%), Calcium: 68.22mg (6.82%), Vitamin B12: 0.39µg (6.51%), Vitamin C: 4.81mg (5.83%),
Vitamin D: 0.83µg (5.56%)