



Creamy Pasta with Greens

READY IN



45 min.

SERVINGS



4

CALORIES



1000 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices to 8 bacon diced
- 16 ounce collard greens fresh chopped
- 12 ounces pasta cooked
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper black
- 1 large onion diced
- 4 servings garnish: parmesan cheese shaved
- 5 ounce parmesan cheese shredded divided
- 0.3 teaspoon pepper dried red crushed

- 7 ounce roasted peppers diced sweet red drained
- 0.5 teaspoon salt
- 2 cups whipping cream

Equipment

- frying pan
- paper towels
- sauce pan
- dutch oven

Directions

- Cook greens in boiling water to cover in a Dutch oven 10 minutes.
- Drain and set aside.
- Cook bacon in Dutch oven until crisp; remove and drain on paper towels, reserving 2 tablespoons drippings in skillet.
- Saut onion and garlic in hot drippings until tender.
- Add greens, roasted red peppers, and next 3 ingredients; cook over medium heat, stirring occasionally, 5 minutes or until thoroughly heated.
- Heat cream in a small saucepan over medium heat 5 minutes or until thoroughly heated (do not boil). Set aside 2 tablespoons Parmesan cheese. Stir in remaining cheese until melted. Toss together cream mixture and pasta.
- Top pasta with greens mixture; sprinkle with bacon and reserved cheese.
- Garnish, if desired.
- *16 ounces mustard greens may be substituted for turnip greens. Cook 10 to 15 more minutes.

Nutrition Facts

PROTEIN 15.89% FAT 66.2% CARBS 17.91%

Properties

Glycemic Index:55.88, Glycemic Load:14.11, Inflammation Score:-10, Nutrition Score:41.578695836275%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 10.17mg, Kaempferol: 10.17mg, Kaempferol: 10.17mg, Kaempferol: 10.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg

Nutrients (% of daily need)

Calories: 1000.19kcal (50.01%), Fat: 74.66g (114.86%), Saturated Fat: 42.76g (267.24%), Carbohydrates: 45.43g (15.14%), Net Carbohydrates: 37.58g (13.67%), Sugar: 8.69g (9.66%), Cholesterol: 200.75mg (66.92%), Sodium: 1615.52mg (70.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.32g (80.65%), Vitamin K: 503.41µg (479.44%), Vitamin A: 9555.99IU (191.12%), Vitamin C: 107.49mg (130.29%), Calcium: 1139.96mg (114%), Selenium: 49.34µg (70.48%), Phosphorus: 674.99mg (67.5%), Manganese: 1.19mg (59.29%), Folate: 191.63µg (47.91%), Vitamin B2: 0.69mg (40.44%), Vitamin E: 4.84mg (32.24%), Vitamin B6: 0.63mg (31.44%), Fiber: 7.85g (31.41%), Magnesium: 97.49mg (24.37%), Zinc: 3.36mg (22.39%), Potassium: 687.16mg (19.63%), Vitamin B12: 1.14µg (19.01%), Vitamin B1: 0.27mg (17.74%), Vitamin B3: 3.32mg (16.59%), Vitamin D: 2.36µg (15.75%), Iron: 2.77mg (15.37%), Vitamin B5: 1.4mg (13.96%), Copper: 0.22mg (10.79%)