



Dinner Tonight: Pesto Fusilli with Corn, Zucchini, and Bacon

READY IN



45 min.

SERVINGS



2

CALORIES



1258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 2 servings basil pesto to taste
- ☐ 2 ears corn
- ☐ 1 pound .5 oz. macaroni
- ☐ 2 servings parmesan to top
- ☐ 0.7 pound zucchini chopped

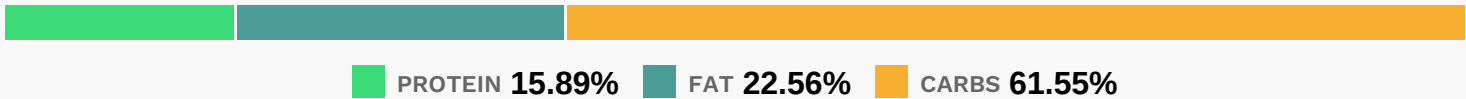
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a skillet over medium heat and cook the bacon until browned but not too crisp.
- ☐ Drain some of the fat, leaving a bit to coat the pasta.
- ☐ In the meantime, bring a large pot of salty water to boil. Cook the pasta, adding the vegetables for the last couple minutes to blanch. Reserve some pasta cooking water.
- ☐ Drain the pasta with vegetables and add them to the skillet.
- ☐ Add pesto until everything is well-coated. Use the pasta cooking water to loosen and avoid dryness.
- ☐ Top with Parmesan and black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:36.001304579818%

Flavonoids

Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 1257.78kcal (62.89%), Fat: 31.52g (48.49%), Saturated Fat: 11.32g (70.74%), Carbohydrates: 193.47g (64.49%), Net Carbohydrates: 182.66g (66.42%), Sugar: 16.19g (17.99%), Cholesterol: 43.38mg (14.46%), Sodium: 878.51mg (38.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.96g (99.91%), Selenium: 157.56µg (225.09%), Manganese: 2.5mg (125.18%), Phosphorus: 821.92mg (82.19%), Magnesium: 197.88mg (49.47%), Calcium: 454.62mg (45.46%), Fiber: 10.81g (43.24%), Copper: 0.81mg (40.38%), Vitamin C: 33.18mg (40.22%), Vitamin B6: 0.77mg (38.36%), Vitamin B3: 7.54mg (37.69%), Zinc: 5.31mg (35.4%), Potassium: 1236.32mg (35.32%), Vitamin B1: 0.51mg (34.3%), Folate: 117.01µg (29.25%), Vitamin B2: 0.45mg (26.71%), Iron: 4.44mg (24.69%), Vitamin B5: 2.25mg (22.5%), Vitamin A: 1019.6IU (20.39%), Vitamin B12: 0.52µg (8.75%), Vitamin K: 7.51µg (7.15%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.28µg (1.88%)