



## Farfalle Special

READY IN



40 min.

SERVINGS



4

CALORIES



783 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 slices bacon
- 1 pinch pepper black
- 1.5 tablespoons butter
- 4 ounce tomato sauce canned
- 18 ounces farfalle pasta (bow tie)
- 0.8 cup mushrooms fresh quartered
- 0.8 cup heavy cream
- 1 onion sliced
- 2 ounces roquefort cheese

1 teaspoon salt

## Equipment

frying pan

pot

## Directions

Bring a large pot of lightly salted water to a boil.

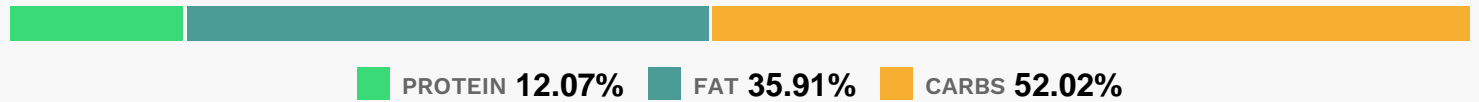
Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat, cook bacon and onion in the butter for 7 to 8 minutes.

Add mushrooms and cook 2 to 3 minutes more. Stir in the heavy cream, salt, pepper, Roquefort cheese and tomato sauce; cook for 5 minutes, stirring continuously.

Pour over cooked farfalle pasta and serve.

## Nutrition Facts



## Properties

Glycemic Index:63.75, Glycemic Load:39.56, Inflammation Score:-8, Nutrition Score:20.279130572858%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 782.66kcal (39.13%), Fat: 31.18g (47.97%), Saturated Fat: 17.54g (109.63%), Carbohydrates: 101.63g (33.88%), Net Carbohydrates: 96.47g (35.08%), Sugar: 7.24g (8.05%), Cholesterol: 81.73mg (27.24%), Sodium: 1100.45mg (47.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Selenium: 88.27µg (126.1%), Manganese: 1.25mg (62.74%), Phosphorus: 370.81mg (37.08%), Copper: 0.48mg (24.22%), Magnesium: 85.1mg (21.27%), Vitamin A: 1063.1IU (21.26%), Vitamin B2: 0.35mg (20.73%), Fiber: 5.16g (20.65%), Vitamin B3: 3.71mg (18.54%), Zinc: 2.54mg (16.93%), Calcium: 163.19mg (16.32%), Vitamin B6: 0.32mg (16.17%), Potassium: 544.86mg (15.57%), Vitamin B5: 1.37mg (13.67%), Vitamin B1: 0.19mg (12.94%), Iron: 2.26mg (12.53%), Folate: 42.69µg (10.67%), Vitamin E: 1.14mg (7.57%), Vitamin C: 4.67mg (5.65%), Vitamin D: 0.79µg (5.29%), Vitamin B12:

0.23µg (3.89%), Vitamin K: 2.87µg (2.73%)