

 **9%**
HEALTH SCORE

Feta and Bacon Pasta Sauce

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**488 kcal**

SAUCE

Ingredients

- 8 slices bacon chopped
- 1 tablespoon butter
- 8 ounces feta cheese crumbled
- 0.3 cup flour all-purpose
- 4 servings pepper black to taste
- 2 leek sliced
- 2 cups milk

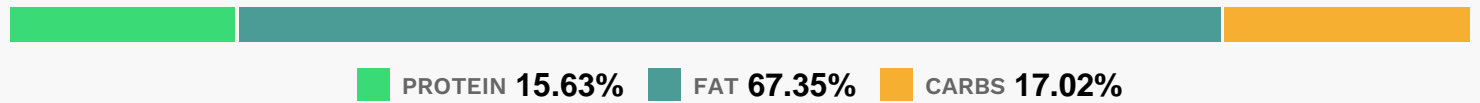
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Place bacon in a large skillet over medium-high heat. Fry for a few minutes, then add the leeks. Cook and stir until bacon is crisp and leeks are tender. Set aside.
- Melt the butter in a saucepan over medium heat.
- Whisk together the flour and milk, then pour into the saucepan with the butter. Bring to a boil and cook, stirring constantly, until thickened.
- Remove from the heat and stir in the feta cheese.
- Mix in bacon and leeks, then season with pepper to taste.
- Serve over your favorite pasta.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:8.85, Inflammation Score:-7, Nutrition Score:18.935217380524%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 487.86kcal (24.39%), Fat: 36.61g (56.32%), Saturated Fat: 17.49g (109.32%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.77g (7.19%), Sugar: 7.63g (8.48%), Cholesterol: 101.67mg (33.89%), Sodium: 1015.59mg (44.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Calcium: 460.5mg (46.05%), Vitamin B2: 0.74mg (43.29%), Phosphorus: 402.67mg (40.27%), Selenium: 22.8µg (32.57%), Vitamin B12: 1.84µg (30.72%), Vitamin B6: 0.54mg (26.97%), Vitamin A: 1283.02IU (25.66%), Vitamin B1: 0.37mg (24.36%), Vitamin K: 22.73µg (21.65%), Zinc: 2.76mg (18.43%), Vitamin B3: 3.1mg (15.51%), Manganese: 0.31mg (15.28%), Folate: 61.04µg (15.26%), Vitamin B5: 1.35mg (13.49%), Vitamin D: 1.74µg (11.63%), Potassium: 395.9mg (11.31%), Magnesium: 45.11mg (11.28%), Iron: 1.86mg (10.31%), Vitamin C: 5.34mg (6.47%), Vitamin E: 0.85mg (5.66%), Copper: 0.1mg (5.19%), Fiber: 1.04g (4.15%)