



Fettuccine with Bacon and Roasted Red Peppers

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bacon raw chopped ()
- 0.3 teaspoon pepper black
- 4 cups fettuccine barilla hot cooked uncooked (8 ounces pasta)
- 0.3 cup less-sodium chicken broth fat-free
- 3 garlic cloves minced
- 1 cup onion sliced
- 2 tablespoons parmesan cheese fresh grated
- 1 cup peas green frozen thawed

- 7 ounce roasted bell peppers red drained
- 0.5 teaspoon salt

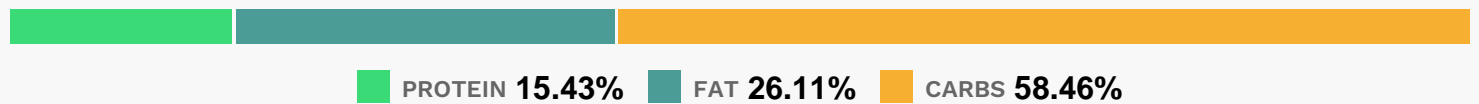
Equipment

- dutch oven

Directions

- Cut the roasted bell peppers into 1/4-inch-wide strips.
- Cook bacon in a large Dutch oven over medium-high heat until crisp (about 2 minutes).
- Add onion and garlic; saut 1 minute.
- Add bell peppers, peas, and broth; simmer 1 minute. Stir in pasta, cheese, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:52.58, Glycemic Load:14.81, Inflammation Score:-7, Nutrition Score:13.543913131175%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 256.34kcal (12.82%), Fat: 7.52g (11.56%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 33.22g (12.08%), Sugar: 4.23g (4.7%), Cholesterol: 38.83mg (12.94%), Sodium: 1149.74mg (49.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin C: 41.23mg (49.98%), Selenium: 29.03µg (41.47%), Manganese: 0.66mg (33.08%), Fiber: 4.66g (18.63%), Phosphorus: 177.34mg (17.73%), Vitamin B6: 0.31mg (15.34%), Copper: 0.26mg (13.08%), Vitamin B1: 0.2mg (13.01%), Folate: 46.72µg (11.68%), Vitamin A: 582.2IU (11.64%), Magnesium: 46.4mg (11.6%), Vitamin B3: 2.03mg (10.17%), Zinc: 1.51mg (10.04%), Iron: 1.77mg (9.83%), Vitamin K: 9.44µg (8.99%), Calcium: 86.49mg (8.65%), Potassium: 297.5mg (8.5%), Vitamin B2: 0.12mg (6.88%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.21µg (3.43%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.16µg (1.06%)