



Fusilli with Asparagus and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds asparagus trimmed
- ☐ 4 ounces bacon sliced
- ☐ 1 pound fusilli (short corkscrew pasta)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1.5 oz parmigiano-reggiano plus additional finely grated for serving

Equipment

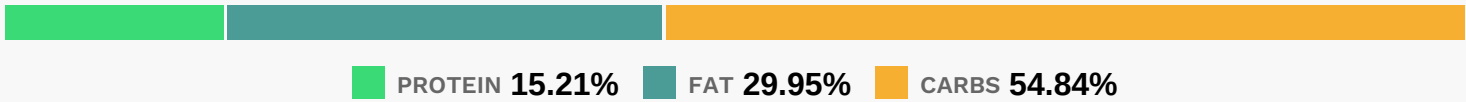
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cook bacon in a 12-inch heavy skillet over moderately high heat, stirring occasionally, until browned and crisp, about 6 minutes.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons fat from skillet, then add oil and onion to skillet and cook, stirring occasionally, until onion is golden, about 4 minutes.
- ☐ Add asparagus and sauté, stirring, until crisp-tender, 4 to 5 minutes. Season with salt and pepper.
- ☐ While onion is cooking, cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1 cup pasta cooking water and drain pasta in a colander.
- ☐ Return pasta to pot along with asparagus mixture, 1/2 cup pasta cooking water, and cheese.
- ☐ Add remaining 1/2 cup cooking water to skillet and deglaze by boiling, stirring and scraping up brown bits, 1 minute.
- ☐ Add to pasta and toss over moderately low heat until combined well, about 30 seconds.
- ☐ Serve pasta sprinkled with bacon and with additional cheese on the side.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:35.67, Inflammation Score:-9, Nutrition Score:29.016521801119%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 29.36mg, Quercetin:

29.36mg, Quercetin: 29.36mg, Quercetin: 29.36mg

Nutrients (% of daily need)

Calories: 687.5kcal (34.37%), Fat: 22.94g (35.3%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 94.55g (31.52%), Net Carbohydrates: 86.88g (31.59%), Sugar: 7.48g (8.31%), Cholesterol: 25.94mg (8.65%), Sodium: 369.43mg (16.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.42%), Selenium: 83.81µg (119.73%), Vitamin K: 75.38µg (71.79%), Manganese: 1.35mg (67.47%), Phosphorus: 425.35mg (42.54%), Copper: 0.68mg (33.76%), Fiber: 7.67g (30.67%), Iron: 5.41mg (30.08%), Vitamin B1: 0.44mg (29.36%), Folate: 114.83µg (28.71%), Vitamin A: 1380IU (27.6%), Vitamin B3: 4.79mg (23.96%), Magnesium: 94.74mg (23.69%), Vitamin B2: 0.37mg (21.97%), Vitamin B6: 0.43mg (21.69%), Vitamin E: 3.21mg (21.37%), Zinc: 3.19mg (21.27%), Potassium: 702.61mg (20.07%), Calcium: 198.32mg (19.83%), Vitamin C: 11.56mg (14.01%), Vitamin B5: 1.19mg (11.94%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.17µg (1.11%)