



Fusilli with Collards, Bacon, and Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



767 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 large garlic clove chopped fine
- 0.3 pound bacon sliced cut into 1/2-inch pieces
- 4 servings parmesan freshly grated
- 0.8 pound rotini pasta (spiral-shaped)
- 1 large onion sliced thin
- 0.3 teaspoon pepper dried red hot
- 0.3 cup olive oil
- 1 pound collard greens washed chopped well
- 1 tablespoon red-wine vinegar

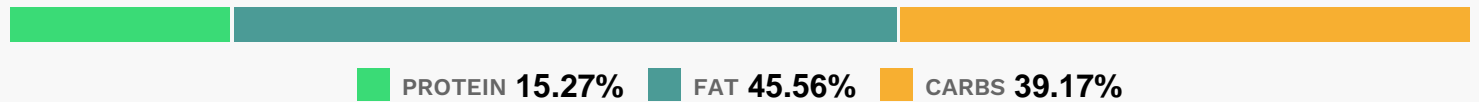
Equipment

- bowl
- frying pan
- slotted spoon
- colander

Directions

- In a kettle of boiling water boil the collards for 10 minutes, drain them in a colander set over a large bowl, and return the cooking liquid to the kettle. In a large skillet cook the bacon over moderate heat, stirring, until it is just browned and transfer it with a slotted spoon to a small bowl.
- Pour off the fat from the skillet and in the skillet cook the garlic, the onion, and the red pepper flakes in half the oil over moderately low heat, stirring, until the onion is softened and the garlic is golden brown. Bring the cooking liquid to a boil, in it boil the fusilli until it is al dente, and drain the fusilli well. To the skillet add the collards, the bacon, the fusilli, the remaining oil, and the vinegar and toss the mixture well. Season the fusilli with salt and pepper, divide among 4 bowls, and sprinkle each serving with some of the Parmesan.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:26.84, Inflammation Score:-10, Nutrition Score:36.653477990109%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 10.16mg, Kaempferol: 10.16mg, Kaempferol: 10.16mg, Kaempferol: 10.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 767.29kcal (38.36%), Fat: 39.05g (60.07%), Saturated Fat: 11.5g (71.85%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 67.55g (24.56%), Sugar: 4.66g (5.18%), Cholesterol: 39.11mg (13.04%), Sodium: 697.37mg

(30.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.88%), Vitamin K: 507.31µg (483.16%), Vitamin A: 5974.32IU (119.49%), Selenium: 68.31µg (97.59%), Manganese: 1.64mg (81.88%), Calcium: 652.43mg (65.24%), Vitamin C: 43.76mg (53.04%), Phosphorus: 454.25mg (45.43%), Folate: 170.94µg (42.74%), Vitamin E: 5.49mg (36.63%), Fiber: 8g (32.01%), Vitamin B6: 0.5mg (24.77%), Magnesium: 97.13mg (24.28%), Vitamin B2: 0.34mg (19.74%), Zinc: 2.7mg (18.01%), Vitamin B3: 3.59mg (17.94%), Copper: 0.34mg (17.23%), Vitamin B1: 0.25mg (16.75%), Potassium: 585.79mg (16.74%), Iron: 2.27mg (12.61%), Vitamin B5: 1.03mg (10.28%), Vitamin B12: 0.5µg (8.36%), Vitamin D: 0.26µg (1.76%)