



Garlic and Bell Pepper Farfalle

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 cups farfalle pasta hot cooked uncooked (4 cups bow tie pasta)
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 cup kalamata olives pitted thinly sliced
- ☐ 2 and orange peppers
- ☐ 1.5 ounces parmesan fresh grated
- ☐ 1.5 cups plum tomatoes chopped

- ☐ 2 bell pepper red
- ☐ 0.8 teaspoon salt
- ☐ 2 bell pepper yellow

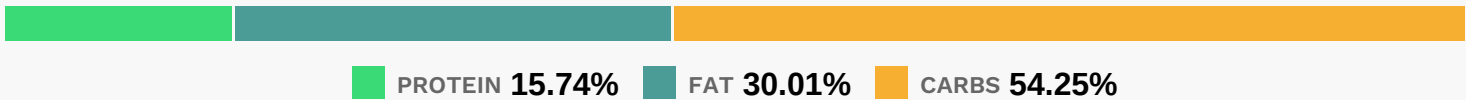
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 5 minutes. Peel and chop.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan.
- ☐ Add garlic to pan, and cook 30 seconds, stirring constantly.
- ☐ Add the bell peppers, bacon, tomato, olives, salt, and black pepper; cook 3 minutes or until thoroughly heated, stirring occasionally.
- ☐ Combine bell pepper mixture and pasta in a large bowl; sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:51.58, Glycemic Load:13.87, Inflammation Score:-10, Nutrition Score:18.714347911918%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 269.49kcal (13.47%), Fat: 9.17g (14.11%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 32.58g (11.85%), Sugar: 5.5g (6.11%), Cholesterol: 12.08mg (4.03%), Sodium: 660.55mg (28.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Vitamin C: 182.93mg (221.73%), Vitamin A: 3212.89IU (64.26%), Selenium: 26.92µg (38.45%), Manganese: 0.52mg (26.06%), Vitamin B6: 0.44mg (22.01%), Fiber: 4.71g (18.83%), Phosphorus: 161.82mg (16.18%), Folate: 63.24µg (15.81%), Vitamin E: 2.13mg (14.17%), Potassium: 470.58mg (13.45%), Vitamin K: 13.14µg (12.52%), Vitamin B3: 2.33mg (11.65%), Calcium: 116.28mg (11.63%), Iron: 2mg (11.11%), Magnesium: 42.95mg (10.74%), Copper: 0.21mg (10.26%), Vitamin B1: 0.13mg (8.73%), Vitamin B2: 0.14mg (8.29%), Zinc: 1.15mg (7.7%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.14µg (2.33%)