



Gemelli with Zucchini, Tomatoes, and Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 bacon
- ☐ 1.5 cups wine dry white
- ☐ 3 cups gemelli
- ☐ 4 ounces goat cheese fresh crumbled soft
- ☐ 0.3 cup oregano fresh chopped
- ☐ 1.5 cups plum tomatoes seeded coarsely chopped
- ☐ 2 cups onion red chopped
- ☐ 3 zucchini halved lengthwise sliced

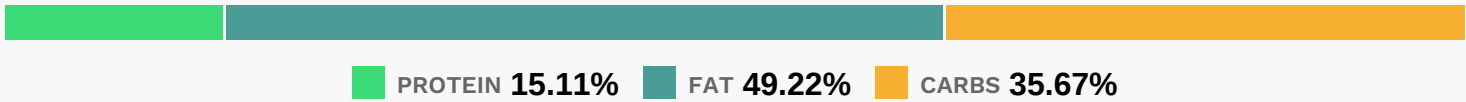
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook bacon in heavy large skillet over medium-high heat until brown and crisp. Using slotted spoon, transfer to paper towels to drain.
- ☐ Pour off all but 3 tablespoons drippings from skillet.
- ☐ Add onion and sauté until soft, about 3 minutes.
- ☐ Add wine; boil until reduced by 1/3, about 3 minutes.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until slightly underdone.
- ☐ Add zucchini and boil until pasta is tender but still firm to bite and zucchini is crisp-tender, stirring occasionally, about 2 minutes longer.
- ☐ Drain.
- ☐ Add pasta, zucchini, bacon, tomatoes, and oregano to onion in skillet. Toss over medium-high heat until sauce coats pasta, about 3 minutes.
- ☐ Add cheese and toss until beginning to melt, about 2 minutes. Season to taste with salt and pepper and serve.
- ☐ To seed a plum tomato, simply slice the tomato in half horizontally and gently squeeze out the seeds, using a spoon if necessary.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:11.29, Inflammation Score:-10, Nutrition Score:17.970869629279%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg 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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg

Nutrients (% of daily need)

Calories: 449.58kcal (22.48%), Fat: 22.5g (34.62%), Saturated Fat: 8.85g (55.32%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 32g (11.64%), Sugar: 7.92g (8.8%), Cholesterol: 37.73mg (12.58%), Sodium: 379.23mg (16.49%), Alcohol: 6.18g (100%), Alcohol %: 2.14% (100%), Protein: 15.54g (31.08%), Selenium: 28.98µg (41.39%), Manganese: 0.81mg (40.59%), Vitamin C: 29.65mg (35.94%), Vitamin B6: 0.54mg (26.79%), Vitamin K: 26.29µg (25.04%), Phosphorus: 250.09mg (25.01%), Potassium: 708.96mg (20.26%), Vitamin A: 946.63IU (18.93%), Fiber: 4.69g (18.76%), Copper: 0.37mg (18.52%), Vitamin B1: 0.26mg (17.33%), Vitamin B3: 3.4mg (17.02%), Magnesium: 66.88mg (16.72%), Vitamin B2: 0.27mg (15.66%), Iron: 2.71mg (15.04%), Folate: 57.11µg (14.28%), Zinc: 1.76mg (11.76%), Calcium: 116.81mg (11.68%), Vitamin B5: 0.87mg (8.72%), Vitamin E: 1.19mg (7.94%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.25µg (1.68%)