



Holy Smoked Bacon and Mushroom Penne

READY IN



30 min.

SERVINGS



6

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bacon smoked chopped
- 3 cups chicken stock see
- 1 tablespoon olive oil extra virgin divided
- 2 cups mushrooms fresh sliced
- 3 tablespoons garlic minced
- 0.5 cup parmesan cheese freshly grated
- 16 ounce penne pasta dried
- 6 servings salt and pepper to taste

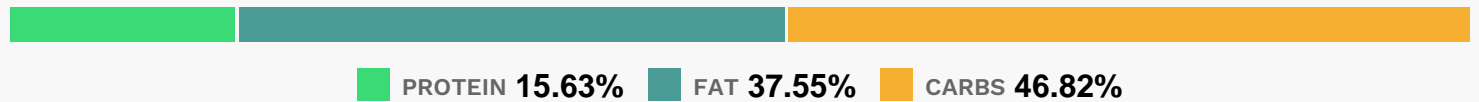
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add the penne pasta and 1 tablespoon of olive oil to the pot, and cook until pasta is almost tender, about 6 minutes.
- Drain.
- In a large skillet over medium heat, cook bacon until browned. Stir in the garlic and cook for a few minutes, then add the mushrooms. Cook, stirring constantly, for a couple of minutes until the mushrooms begin to soften.
- Pour in the chicken stock, and bring to a boil. Allow to simmer over medium heat for about 3 minutes.
- Add cooked pasta to the pan, and stir until coated. Simmer uncovered until the sauce has reduced to just a few teaspoons in the bottom.
- Place generous servings onto plates, and top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:23.3, Inflammation Score:-4, Nutrition Score:16.51913050465%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 556.81kcal (27.84%), Fat: 23.03g (35.43%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 64.59g (21.53%), Net Carbohydrates: 61.77g (22.46%), Sugar: 4.59g (5.1%), Cholesterol: 36.87mg (12.29%), Sodium: 779.12mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Selenium: 64.81µg (92.58%),

Manganese: 0.79mg (39.35%), Phosphorus: 318.54mg (31.85%), Vitamin B3: 5.96mg (29.78%), Copper: 0.42mg (20.85%), Vitamin B2: 0.34mg (20.06%), Vitamin B6: 0.38mg (18.75%), Vitamin B1: 0.25mg (17%), Zinc: 2.27mg (15.16%), Potassium: 505.86mg (14.45%), Magnesium: 56.4mg (14.1%), Fiber: 2.82g (11.29%), Vitamin B5: 1.07mg (10.75%), Calcium: 103.46mg (10.35%), Iron: 1.68mg (9.31%), Folate: 25.67µg (6.42%), Vitamin B12: 0.32µg (5.37%), Vitamin E: 0.67mg (4.49%), Vitamin C: 2.16mg (2.62%), Vitamin K: 1.93µg (1.84%), Vitamin A: 90.63IU (1.81%), Vitamin D: 0.26µg (1.76%)