



Home-from-work spaghetti

READY IN



20 min.

SERVINGS



4

CALORIES



726 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti dried
- ☐ 4 rashers streaky bacon
- ☐ 2 courgettes
- ☐ 200 g cherry tomatoes
- ☐ 2 tbsp olive oil
- ☐ 4 tbsp pesto
- ☐ 4 servings parmesan freshly grated

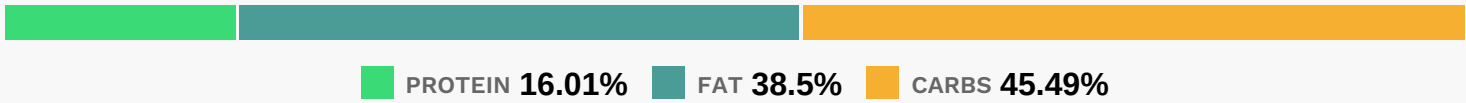
Equipment

☐ frying pan

Directions

- ☐ Bring a large pan of salted water to the boil (use boiling water from the kettle to speed things up).
- ☐ Add the spaghetti and return to the boil, then cook at a rolling boil for the time given on the pack, stirring once or twice. This usually takes 10–12 minutes.
- ☐ Meanwhile cut up the bacon and courgettes into small chunks. Halve the tomatoes.
- ☐ Heat the oil in a large, deep frying pan, add the bacon and fry for 5 minutes, until it starts to crisp. Tip in the courgettes and tomatoes and cook for a further 2–3 minutes until the courgettes begin to brown round the edges and the tomatoes start to soften.
- ☐ When the pasta is cooked, spoon a couple of tablespoons of the cooking water into the vegetables, then drain the pasta and tip it into the vegetables too. Spoon in the pesto and toss well until everything is evenly coated.
- ☐ Serve straight from the pan, with freshly grated parmesan.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:30.59, Inflammation Score:-8, Nutrition Score:23.405217414317%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 725.93kcal (36.3%), Fat: 30.91g (47.55%), Saturated Fat: 10.14g (63.38%), Carbohydrates: 82.17g (27.39%), Net Carbohydrates: 77.4g (28.15%), Sugar: 7.09g (7.87%), Cholesterol: 36.12mg (12.04%), Sodium: 785.97mg (34.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.84%), Selenium: 74.82µg (106.88%), Manganese: 1.15mg (57.57%), Phosphorus: 480.12mg (48.01%), Calcium: 422.7mg (42.27%), Vitamin C: 28.94mg (35.08%), Magnesium: 90.98mg (22.75%), Vitamin B6: 0.43mg (21.35%), Copper: 0.4mg (19.86%), Vitamin A: 985.34IU (19.71%), Zinc: 2.88mg (19.19%), Fiber: 4.77g (19.08%), Potassium: 659.01mg (18.83%), Vitamin B3: 3.37mg (16.87%), Vitamin B2: 0.28mg (16.5%), Vitamin B1: 0.22mg (14.97%), Iron: 2.46mg (13.69%), Folate: 50.12µg (12.53%), Vitamin E: 1.68mg (11.17%), Vitamin K: 10.44µg (9.94%), Vitamin B5: 0.95mg (9.53%), Vitamin B12: 0.47µg (7.83%),

Vitamin D: 0.24µg (1.59%)