



Hot Bacon and Pasta Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7.8 oz the salad betty suddenly salad®
- ☐ 4 slices bacon cut into 1-inch pieces
- ☐ 0.3 cup onion sliced
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 teaspoon dijon mustard
- ☐ 4 cups baby spinach

- ☐ 1 pears cut into bite-size pieces
- ☐ 1 cup cheese blue crumbled

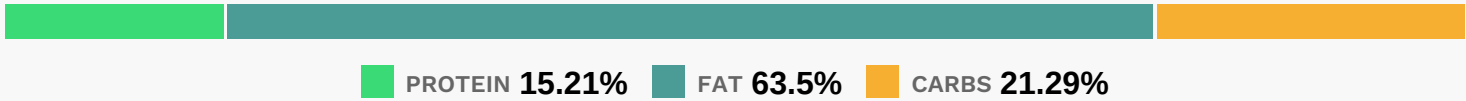
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- ☐ Add Pasta. Gently boil, uncovered, 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- ☐ Meanwhile, in 10-inch nonstick skillet, cook bacon and onion, stirring occasionally, until bacon is crisp.
- ☐ Transfer bacon and onion to large bowl with slotted spoon, reserving bacon drippings. Stir Seasoning mix from packet, vinegar, brown sugar, oil and mustard into drippings.
- ☐ In large bowl, toss bacon and onion mixture, spinach, pear and dressing until mixed; stir in cooked pasta.
- ☐ Sprinkle cheese over top of salad.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:3.56, Inflammation Score:-10, Nutrition Score:18.922608831654%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 308.14kcal (15.41%), Fat: 22.06g (33.93%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 14.41g (5.24%), Sugar: 9.77g (10.85%), Cholesterol: 39.83mg (13.28%), Sodium: 579.63mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Vitamin K: 153.97µg (146.63%), Vitamin A: 3714.27IU (74.29%), Vitamin C: 23.83mg (28.88%), Folate: 95.74µg (23.93%), Calcium: 228.37mg (22.84%), Phosphorus: 209.39mg (20.94%), Manganese: 0.41mg (20.43%), Vitamin B2: 0.25mg (14.43%), Selenium: 10.07µg (14.39%), Potassium: 475.95mg (13.6%), Vitamin B6: 0.24mg (12.17%), Magnesium: 46.12mg (11.53%), Zinc: 1.51mg (10.04%), Vitamin B3: 1.84mg (9.18%), Fiber: 2.22g (8.89%), Iron: 1.57mg (8.71%), Vitamin B12: 0.52µg (8.7%), Vitamin B5: 0.83mg (8.3%), Vitamin B1: 0.12mg (8.06%), Vitamin E: 1.12mg (7.48%), Copper: 0.13mg (6.72%), Vitamin D: 0.26µg (1.71%)