



I Dream of Spinach

READY IN



55 min.

SERVINGS



8

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups alfredo sauce
- ☐ 2 cups asparagus fresh cut into 1-inch pieces
- ☐ 0.5 pound bacon chopped
- ☐ 0.3 cup reserved bacon drippings
- ☐ 3 cloves garlic chopped
- ☐ 2 tablespoons lemon zest
- ☐ 0.5 cup parmesan cheese grated
- ☐ 16 ounce rotini pasta uncooked
- ☐ 10 ounce spinach – frozen dry thawed drained chopped

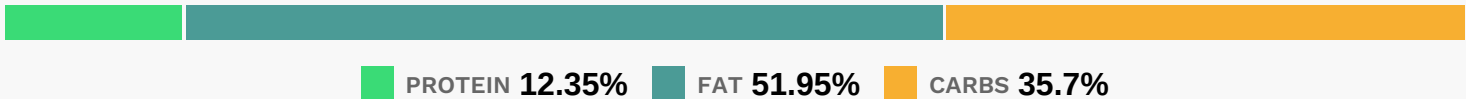
Equipment

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

Directions

- ☐ Place bacon in a large skillet and cook over medium-high heat, stirring often, until evenly browned, about 10 minutes.
- ☐ Remove bacon with a slotted spoon and drain on a paper towel-lined plate. Reserve 1/4 cup of bacon drippings in the skillet.
- ☐ Place asparagus, spinach, and garlic into the skillet with the bacon drippings; cook and stir over medium heat until the asparagus is tender, 8 to 10 minutes.
- ☐ Sprinkle in lemon zest and toss to combine; thoroughly mix in bacon and Alfredo sauce. Reduce heat to medium-low and bring sauce to a simmer.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Stir in rotini and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through but is still slightly firm, about 8 minutes.
- ☐ Drain well.
- ☐ Transfer the rotini to a serving bowl and top with Alfredo sauce mixture.
- ☐ Sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:17.32, Inflammation Score:-10, Nutrition Score:22.595217404158%

Flavonoids

Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 552.16kcal (27.61%), Fat: 31.63g (48.67%), Saturated Fat: 12.89g (80.58%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 45.2g (16.44%), Sugar: 3.44g (3.83%), Cholesterol: 71.84mg (23.95%), Sodium: 755.42mg (32.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.85%), Vitamin K: 145.94µg (138.99%), Vitamin A: 4473.99IU (89.48%), Selenium: 46.79µg (66.84%), Manganese: 0.85mg (42.48%), Phosphorus: 224.29mg (22.43%), Folate: 79.61µg (19.9%), Magnesium: 67.41mg (16.85%), Fiber: 3.73g (14.91%), Copper: 0.3mg (14.87%), Vitamin B1: 0.22mg (14.36%), Vitamin B6: 0.27mg (13.45%), Vitamin B3: 2.63mg (13.15%), Iron: 2.3mg (12.77%), Calcium: 126.37mg (12.64%), Vitamin B2: 0.21mg (12.21%), Zinc: 1.81mg (12.06%), Potassium: 391.26mg (11.18%), Vitamin E: 1.67mg (11.14%), Vitamin C: 6.11mg (7.41%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.33µg (2.2%)