



Linguine with Asparagus, Bacon, and Arugula

 Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus fresh trimmed cut into 1/2 inch pieces
- ☐ 5 ounce baby arugula leaves
- ☐ 0.3 pound bacon sliced cut in half
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 cloves garlic thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 pound pasta uncooked

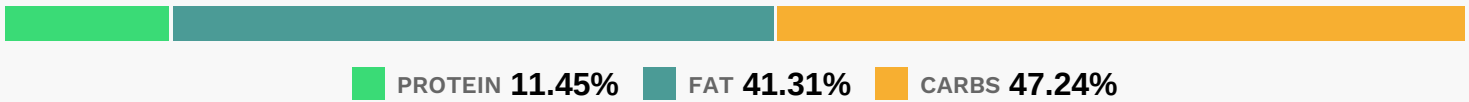
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil.
- ☐ Add pasta, and cook until al dente, about 8 to 10 minutes.
- ☐ Drain, and set aside.
- ☐ Cook bacon in a large skillet over medium heat until browned and crisp.
- ☐ Remove to paper towels.
- ☐ Pour olive oil into skillet, and stir in garlic and asparagus. Cook, stirring, until fragrant, about 1 minute.
- ☐ Add pasta to skillet. Turn flame off. Toss with arugula, lemon juice, and bacon.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:27.79, Inflammation Score:-8, Nutrition Score:20.51739124889%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.8mg, Isorhamnetin: 3.8mg, Isorhamnetin: 3.8mg, Isorhamnetin: 3.8mg Kaempferol: 10.52mg, Kaempferol: 10.52mg, Kaempferol: 10.52mg, Kaempferol: 10.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 610.59kcal (30.53%), Fat: 28.05g (43.15%), Saturated Fat: 6.31g (39.42%), Carbohydrates: 72.16g (24.05%), Net Carbohydrates: 67.79g (24.65%), Sugar: 4.18g (4.64%), Cholesterol: 19.96mg (6.65%), Sodium: 214.8mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.99%), Selenium: 64.72µg (92.46%), Vitamin K: 58.55µg (55.76%), Manganese: 1.02mg (50.97%), Phosphorus: 256.14mg (25.61%), Vitamin A: 1027.68IU

(20.55%), Vitamin E: 2.96mg (19.71%), Copper: 0.39mg (19.38%), Magnesium: 72.42mg (18.1%), Fiber: 4.37g (17.48%), Folate: 69.89µg (17.47%), Vitamin B3: 3.31mg (16.54%), Vitamin B1: 0.25mg (16.52%), Iron: 2.8mg (15.55%), Vitamin B6: 0.29mg (14.59%), Vitamin C: 11.89mg (14.41%), Potassium: 475.93mg (13.6%), Zinc: 2.03mg (13.56%), Vitamin B2: 0.17mg (10.02%), Vitamin B5: 0.83mg (8.3%), Calcium: 79.86mg (7.99%), Vitamin B12: 0.15µg (2.52%)