



HEALTH SCORE

94%

## Linguine with Collard Greens and Bacon



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



1177 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 lb bacon chopped
- ☐ 1 lb cherry tomatoes quartered
- ☐ 3 lb collard greens chopped
- ☐ 6 garlic cloves minced
- ☐ 1 lb pasta dried
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmigiano-reggiano shavings with a vegetable peeler from a 6-to 8-oz wedge
- ☐ 0.3 lb pinenuts

- ☐ 1 teaspoon pepper flakes dried red hot
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup shallots finely chopped
- ☐ 2 cups water

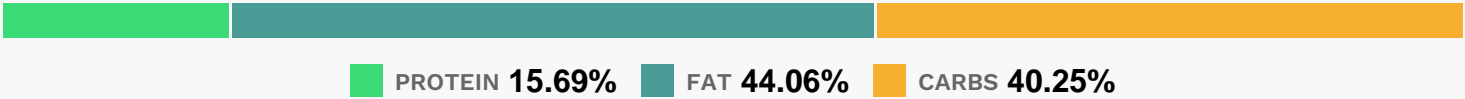
## Equipment

- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ colander

## Directions

- ☐ Cook bacon in a 5-quart heavy pot over moderate heat, stirring occasionally, until crisp, about 5 minutes, then transfer with a slotted spoon to paper towels to drain.
- ☐ Pour off all but 3 tablespoons bacon fat from pot.
- ☐ Add pine nuts to pot and cook over moderate heat, stirring, until golden, about 2 minutes.
- ☐ Transfer nuts with slotted spoon to paper towels to drain and season with salt.
- ☐ Add shallots to pot and cook over moderate heat, stirring, until softened, about 4 minutes.
- ☐ Add garlic and red pepper flakes and cook, stirring, 1 minute.
- ☐ Add oil and half of collard greens and cook, stirring, until slightly wilted, about 1 minute.
- ☐ Add remaining greens and salt and continue to cook, stirring, until greens are crisp-tender, about 2 minutes more.
- ☐ Add water and cover pot, then simmer greens, stirring occasionally, until just tender, about 15 minutes.
- ☐ While collard greens are simmering, cook linguine in a 6- to 8-quart pot of boiling salted water until al dente.
- ☐ Drain linguine in a colander.
- ☐ Add drained linguine and tomatoes to pot with greens and cook over moderately high heat, stirring constantly, 1 minute. Season pasta with salt and pepper and serve topped with bacon, pine nuts, and cheese shavings.

# Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:36.48, Inflammation Score:-10, Nutrition Score:61.517826432767%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 29.76mg, Kaempferol: 29.76mg, Kaempferol: 29.76mg, Kaempferol: 29.76mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

## Nutrients (% of daily need)

Calories: 1177.14kcal (58.86%), Fat: 59.4g (91.39%), Saturated Fat: 14.54g (90.87%), Carbohydrates: 122.1g (40.7%), Net Carbohydrates: 101.33g (36.85%), Sugar: 12.21g (13.56%), Cholesterol: 54.42mg (18.14%), Sodium: 1019.21mg (44.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.58g (95.16%), Vitamin K: 1510.82µg (1438.87%), Vitamin A: 18003.75IU (360.07%), Manganese: 6.12mg (305.88%), Vitamin C: 151.13mg (183.18%), Selenium: 95.15µg (135.93%), Folate: 500.75µg (125.19%), Calcium: 1158.83mg (115.88%), Vitamin E: 12.61mg (84.08%), Fiber: 20.77g (83.07%), Phosphorus: 784.28mg (78.43%), Magnesium: 263.49mg (65.87%), Vitamin B6: 1.23mg (61.57%), Copper: 1.05mg (52.59%), Potassium: 1705.27mg (48.72%), Vitamin B3: 8.83mg (44.13%), Vitamin B2: 0.75mg (43.94%), Vitamin B1: 0.63mg (42.19%), Zinc: 5.92mg (39.47%), Iron: 6.59mg (36.58%), Vitamin B5: 2.22mg (22.2%), Vitamin B12: 0.58µg (9.72%), Vitamin D: 0.35µg (2.35%)