



Linguine with Onion, Bacon, and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.8 pound pasta
- ☐ 2 onions sliced thin
- ☐ 0.5 cup parmesan cheese grated plus more for serving
- ☐ 0.1 teaspoon red-pepper flakes dried
- ☐ 1 teaspoon salt

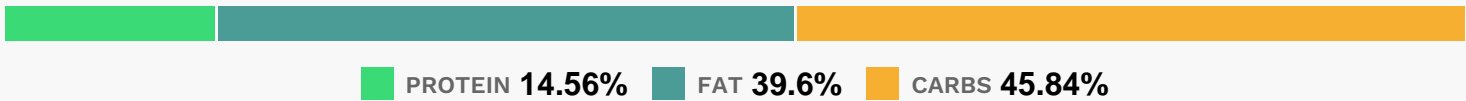
Equipment

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

Directions

- ☐ In a large frying pan, cook the bacon until crisp.
- ☐ Remove the bacon with a slotted spoon and drain on paper towels.
- ☐ Pour off all but 2 tablespoons of the bacon fat.
- ☐ Put the pan over moderate heat.
- ☐ Add the onions, the thyme, the red-pepper flakes, and 1/4 teaspoon of the salt. Cook, stirring occasionally, until the onions are brown, about 10 minutes.
- ☐ Remove from the heat.
- ☐ In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes. Reserve 1 cup of the pasta water.
- ☐ Drain the linguine and toss with the bacon, onions, 3/4 cup of the reserved pasta water, the Parmesan, parsley, the remaining 3/4 teaspoon salt, and the pepper. If the sauce seems too thick, add more of the pasta water.
- ☐ Serve with additional Parmesan cheese.
- ☐ Variation: Linguine with Leeks, Pancetta, and Parmesan: Substitute 1/2 pound of pancetta for the bacon, and 1 1/2 cups of sliced leeks, white and light-green parts only (from about 3 medium leeks), for the onion.
- ☐ Wine Recommendation: Though the dish is Italian, the ingredients make one think of an Alsatian quiche. A riesling from this French region will work beautifully with this pasta.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:26.71, Inflammation Score:-7, Nutrition Score:18.303913028344%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 628.46kcal (31.42%), Fat: 27.39g (42.13%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 71.32g (23.77%), Net Carbohydrates: 67.46g (24.53%), Sugar: 4.64g (5.15%), Cholesterol: 48.3mg (16.1%), Sodium: 1185.03mg (51.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Selenium: 69.83µg (99.76%), Manganese: 0.92mg (45.76%), Vitamin K: 35.94µg (34.22%), Phosphorus: 339.58mg (33.96%), Vitamin B3: 3.84mg (19.21%), Vitamin B1: 0.26mg (17.63%), Vitamin B6: 0.35mg (17.61%), Zinc: 2.54mg (16.93%), Magnesium: 63.57mg (15.89%), Fiber: 3.85g (15.42%), Copper: 0.3mg (15.23%), Calcium: 150.64mg (15.06%), Potassium: 421.98mg (12.06%), Iron: 1.83mg (10.16%), Vitamin B2: 0.16mg (9.32%), Vitamin C: 6.79mg (8.23%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.45µg (7.54%), Folate: 29.95µg (7.49%), Vitamin A: 323.33IU (6.47%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.29µg (1.93%)