



## Meat Lite: Penne with Bacon and Raw Tomato Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



831 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 ounces bacon diced ( 2 slices)
- ☐ 10 basil
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 garlic clove minced
- ☐ 1 cup heirloom tomatoes diced peeled
- ☐ 2 servings parmesan grated for serving
- ☐ 8 ounces penne pasta
- ☐ 10 pepper black

- ☐ 0.1 teaspoon pepper red
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots minced

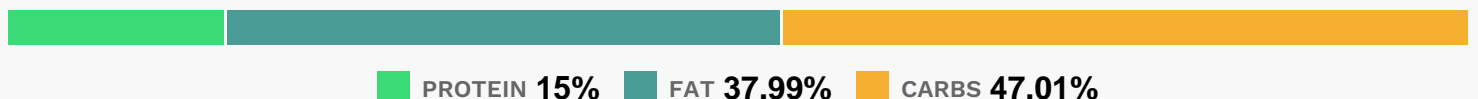
## Equipment

- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ mortar and pestle

## Directions

- ☐ Using a mortar and pestle or the back of a knife, grind the garlic, salt and red pepper flakes to a paste.
- ☐ Combine the paste, the tomato with its juices, the basil leaves, the olive oil, the vinegar and the salt in a mix bowl and cover. Set aside for three hours or up to overnight.
- ☐ Put a large pot of water on to boil, and while you wait, fry the bacon over medium heat until the fat is rendered and the pieces are crisp.
- ☐ Remove and reserve the bacon pieces and drain all but 1 tablespoon of fat from the pan.
- ☐ Add the shallots to the bacon fat and fry until the shallots have softened. By now, the water will have come to a boil and you will be cooking the pasta and shallots at the same time.
- ☐ Drain the pasta when it's al dente, reserving 1/4 cup of the starchy cooking liquid.
- ☐ Add the pasta and the reserved water to the frying pan and stir, removing any cooked on bits from the bottom.
- ☐ Add the reserved bacon and raw tomato sauce, stirring to combine. Cook just until the sauce is warm.
- ☐ Serve with grated Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:134.5, Glycemic Load:37.04, Inflammation Score:-8, Nutrition Score:26.718695713126%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 831.06kcal (41.55%), Fat: 35.09g (53.99%), Saturated Fat: 11.04g (68.99%), Carbohydrates: 97.69g (32.56%), Net Carbohydrates: 90.84g (33.03%), Sugar: 7.62g (8.46%), Cholesterol: 39.11mg (13.04%), Sodium: 976.9mg (42.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Selenium: 84.96µg (121.37%), Manganese: 1.91mg (95.5%), Phosphorus: 510.86mg (51.09%), Calcium: 428.11mg (42.81%), Vitamin K: 31.82µg (30.3%), Fiber: 6.84g (27.36%), Magnesium: 101.61mg (25.4%), Copper: 0.5mg (24.98%), Vitamin B6: 0.46mg (23.21%), Vitamin A: 1036.6IU (20.73%), Zinc: 3.1mg (20.69%), Potassium: 693.93mg (19.83%), Vitamin E: 2.86mg (19.06%), Vitamin B3: 3.75mg (18.76%), Iron: 3.08mg (17.11%), Vitamin B1: 0.25mg (16.45%), Vitamin C: 13.41mg (16.26%), Vitamin B2: 0.22mg (13.18%), Folate: 46.03µg (11.51%), Vitamin B5: 1.02mg (10.18%), Vitamin B12: 0.5µg (8.36%), Vitamin D: 0.26µg (1.76%)