

Pappardelle With Tomato and Bacon

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon cut into 1-inch pieces
- ☐ 3 cups cherry tomatoes
- ☐ 2 cups leeks light white green halved lengthwise thinly sliced
- ☐ 1 pound pappardelle pasta dry

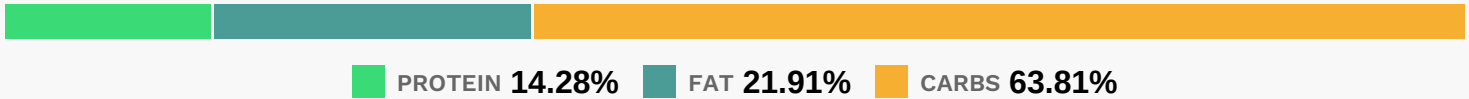
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat. Cook bacon, stirring often, until crispy (8–10 minutes); transfer bacon to a paper–towel–lined plate, reserving 1 tablespoon bacon fat in skillet. Meanwhile, cook pasta according to package directions in salted water; reserve 1/2 cup pasta water.
- ☐ While pasta cooks, heat skillet and reserved fat over medium heat; add leeks and cherry tomatoes. Cook, stirring, until leeks begin to soften (about 5 minutes).
- ☐ Add reserved pasta water; simmer, partially covered, until tomatoes have burst and leeks are tender (12–15 minutes). Toss pasta with leek mixture and bacon and arrange in 6 serving bowls.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:23.79, Inflammation Score:-7, Nutrition Score:17.004347650901%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 382.97kcal (19.15%), Fat: 9.35g (14.38%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 61.27g (20.42%), Net Carbohydrates: 57.72g (20.99%), Sugar: 4.43g (4.93%), Cholesterol: 73.18mg (24.39%), Sodium: 127.1mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Selenium: 63.19µg (90.27%), Manganese: 0.87mg (43.45%), Vitamin C: 20.55mg (24.9%), Phosphorus: 234.56mg (23.46%), Vitamin A: 911.15IU (18.22%), Vitamin B6: 0.33mg (16.51%), Copper: 0.32mg (16.11%), Vitamin K: 16.41µg (15.63%), Magnesium: 60.62mg (15.15%), Iron: 2.63mg (14.59%), Vitamin B1: 0.21mg (14.24%), Fiber: 3.55g (14.2%), Vitamin B3: 2.69mg (13.46%), Folate: 50.6µg (12.65%), Potassium: 429.31mg (12.27%), Zinc: 1.76mg (11.76%), Vitamin B5: 0.91mg (9.08%), Vitamin E: 1.03mg (6.89%), Vitamin B2: 0.11mg (6.19%), Calcium: 52.89mg (5.29%), Vitamin B12: 0.29µg (4.88%), Vitamin D: 0.29µg (1.9%)