

**22%**  
HEALTH SCORE

## Pasta Rustica

READY IN

**50 min.**

SERVINGS

**6**

CALORIES

**523 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 slices bacon
- 28 ounce canned tomatoes undrained coarsely chopped canned
- 2 tablespoons capers drained
- 0.5 cup olive oil extra virgin
- 1 pound rotini pasta
- 4 cloves garlic minced
- 0.5 cup olives green black pitted ripe drained sliced lindsay®
- 2 medium onion chopped
- 0.5 teaspoon oregano dried

- 0.5 cup parmesan cheese grated
- 0.3 cup parsley chopped
- 1 bell pepper red chopped
- 0.5 teaspoon pepper red crushed

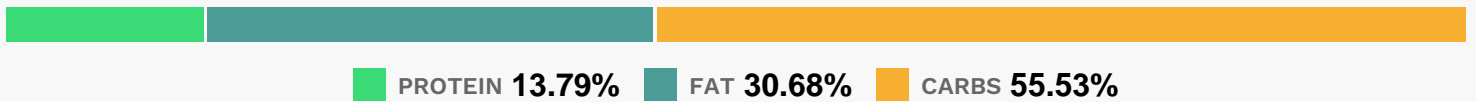
## Equipment

- frying pan
- paper towels

## Directions

- Cook pasta according to package directions. Meanwhile, in a large deep skillet, cook bacon until crisp.
- Drain bacon on paper towel; cut or break into 1/2-inch pieces.
- Discard bacon drippings from skillet; add oil. Cook onions in oil over medium heat 5 minutes, stirring occasionally.
- Add bell pepper, parsley, garlic and pepper flakes; cook 2 minutes.
- Add tomatoes and reserved bacon; simmer 10 minutes, stirring occasionally. Stir in olives and oregano; simmer 2 minutes. Season to taste with salt, if desired.
- Drain pasta; toss with sauce and cheese.
- Transfer to serving plates and serve with additional cheese, if desired.

## Nutrition Facts



## Properties

Glycemic Index:34.33, Glycemic Load:26.62, Inflammation Score:-9, Nutrition Score:24.52260868964%

## Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 12.13mg, Quercetin: 12.13mg,

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## Nutrients (% of daily need)

Calories: 522.99kcal (26.15%), Fat: 18.08g (27.81%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 73.61g (24.54%), Net Carbohydrates: 66.93g (24.34%), Sugar: 10.36g (11.52%), Cholesterol: 21.77mg (7.26%), Sodium: 726.83mg (31.6%), Alcohol: 0g (100%), Protein: 18.29g (36.58%), Selenium: 56.58µg (80.82%), Vitamin C: 44.34mg (53.75%), Manganese: 1.07mg (53.25%), Vitamin K: 53.57µg (51.02%), Phosphorus: 291.49mg (29.15%), Fiber: 6.68g (26.73%), Copper: 0.53mg (26.34%), Vitamin A: 1297.3IU (25.95%), Vitamin B6: 0.51mg (25.46%), Vitamin E: 3.28mg (21.86%), Potassium: 743.54mg (21.24%), Vitamin B3: 4.15mg (20.74%), Magnesium: 82.7mg (20.67%), Iron: 3.39mg (18.84%), Vitamin B1: 0.27mg (17.83%), Calcium: 162.68mg (16.27%), Zinc: 2.23mg (14.87%), Folate: 52.65µg (13.16%), Vitamin B2: 0.2mg (11.71%), Vitamin B5: 0.98mg (9.79%), Vitamin B12: 0.22µg (3.71%)