



## Pasta Salad with Fiddleheads, Bacon, and Sun-Dried Tomatoes

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 slices bacon
- 1 tablespoon dijon mustard
- 1 egg yolk
- 1 cucumber english minced seeded
- 2 cups fiddlehead ferns
- 16 ounce fusilli pasta
- 1 clove garlic minced

- 4 servings salt and ground pepper black to taste
- 1 tablespoon juice of lemon
- 0.5 cup oil-packed sun-dried tomatoes drained chopped
- 1 tablespoon olive oil
- 0.8 cup vegetable oil

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook the fusilli at a boil until tender yet firm to the bite, about 12 minutes; drain.
- Drizzle 1 tablespoon olive oil into drained pasta; stir to coat.
- Bring a saucepan of lightly salted water to a boil. Cook the fiddlehead ferns at a boil until tender, 3 to 5 minutes; drain. Rinse the fiddleheads in cold water to stop from further cooking; drain.
- Cook bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes.
- Drain on a paper towel-lined plate. Crumble the bacon once cool enough to handle.
- Toss the pasta, fiddlehead ferns, crumbled bacon, and cucumber together in a large bowl.
- Combine sun-dried tomatoes, egg yolk, Dijon mustard, lemon juice, and garlic in a bowl. Stream about 1/3 of the vegetable oil into the mixture while whisking vigorously until the mixture begins to emulsify. Stream the remainder of the olive oil into the dressing while whisking; season with salt and pepper.
- Pour the dressing onto the pasta mixture; stir to coat.

## Nutrition Facts

PROTEIN 12.9% FAT 29.11% CARBS 57.99%

## Properties

Glycemic Index:41.5, Glycemic Load:35.93, Inflammation Score:-9, Nutrition Score:25.159130500711%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 670.31kcal (33.52%), Fat: 21.9g (33.7%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 98.15g (32.72%), Net Carbohydrates: 92.24g (33.54%), Sugar: 9.63g (10.7%), Cholesterol: 59.49mg (19.83%), Sodium: 176.26mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.67%), Selenium: 79.88µg (114.11%), Manganese: 1.58mg (78.86%), Phosphorus: 363.59mg (36.36%), Copper: 0.68mg (34.15%), Vitamin K: 35.73µg (34.03%), Vitamin A: 1539.37IU (30.79%), Potassium: 1015.69mg (29.02%), Vitamin B3: 5.68mg (28.42%), Magnesium: 113.01mg (28.25%), Fiber: 5.91g (23.63%), Vitamin C: 18.5mg (22.42%), Iron: 3.69mg (20.5%), Vitamin B1: 0.26mg (17.66%), Zinc: 2.65mg (17.65%), Vitamin B2: 0.27mg (16.16%), Vitamin B6: 0.31mg (15.51%), Vitamin B5: 1.22mg (12.18%), Folate: 42.63µg (10.66%), Vitamin E: 1.53mg (10.19%), Calcium: 73.19mg (7.32%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.31µg (2.06%)