



Pasta with Bacon and Peas

READY IN



35 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce peas drained canned
- 30 ounce tomato sauce canned
- 0.3 teaspoon basil dried
- 1.5 teaspoons parsley fresh chopped
- 1 clove garlic minced
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 0.5 large onion chopped
- 0.5 teaspoon pepper

- 0.3 cup romano cheese grated
- 16 ounce pasta like spaghetti
- 0.3 pound at least of turkey bacon cut into small pieces

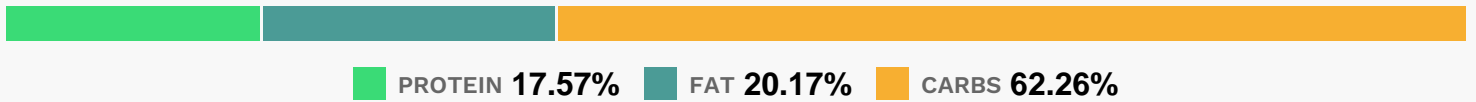
Equipment

- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Heat oil in a large pot over medium heat.
- Saute bacon, onion and garlic until lightly browned. Stir in tomato sauce. Season with parsley, basil, garlic powder and pepper. Bring to a boil, reduce heat, and simmer 20 to 30 minutes, stirring occasionally. Stir in peas. Toss with pasta until evenly coated.
- Sprinkle top with Romano.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:25.5, Inflammation Score:-9, Nutrition Score:21.497825985369%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 472.47kcal (23.62%), Fat: 10.66g (16.4%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 74.05g (24.68%), Net Carbohydrates: 66.84g (24.31%), Sugar: 9.91g (11.01%), Cholesterol: 22.85mg (7.62%), Sodium: 1290.4mg (56.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.78%), Selenium: 55.29µg (78.99%), Manganese: 1.05mg (52.5%), Phosphorus: 351.26mg (35.13%), Vitamin A: 1718.34IU (34.37%), Fiber: 7.21g (28.84%),

Copper: 0.49mg (24.67%), Potassium: 772.63mg (22.08%), Vitamin K: 23.01µg (21.92%), Iron: 3.82mg (21.22%), Magnesium: 84.34mg (21.08%), Vitamin B3: 4.09mg (20.46%), Vitamin C: 16.57mg (20.09%), Vitamin B6: 0.39mg (19.34%), Vitamin E: 2.69mg (17.94%), Zinc: 2.62mg (17.44%), Vitamin B2: 0.22mg (12.98%), Folate: 48.19µg (12.05%), Vitamin B1: 0.18mg (11.91%), Calcium: 101.83mg (10.18%), Vitamin B5: 0.87mg (8.71%), Vitamin B12: 0.11µg (1.91%)