



Pasta with Tomato and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 slices bacon
- 14.5 ounce canned tomatoes canned
- 0.5 teaspoon basil dried
- 1.5 teaspoons parsley dried
- 2 cloves garlic minced
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 4 servings salt and pepper to taste

8 ounces pasta like spaghetti

Equipment

frying pan

pot

Directions

In a large skillet over medium heat, cook bacon until crisp.

Remove from pan, break into 1/2 inch pieces, and set aside.

Drain bacon grease, and return pan to heat.

Saute onions over medium heat until tender. Stir in garlic and cook 1 minute more. Stir in bacon and tomatoes. Cover, reduce heat and simmer 15 to 20 minutes.

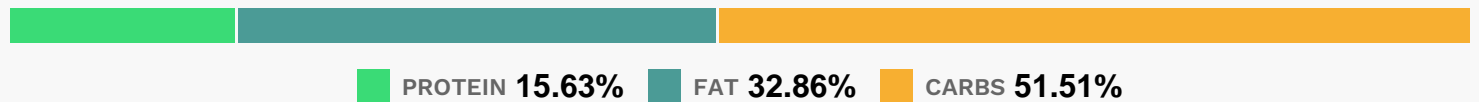
Meanwhile, bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Stir basil, oregano and parsley into tomato sauce.

Add salt and pepper to taste. Cook 5 minutes more. Toss with hot pasta. Top with grated Parmesan cheese when serving.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:19.83, Inflammation Score:-7, Nutrition Score:16.173478204271%

Flavonoids

Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 424.84kcal (21.24%), Fat: 15.61g (24.02%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 50.62g (18.41%), Sugar: 7.24g (8.04%), Cholesterol: 29.02mg (9.68%), Sodium: 735.33mg (31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Selenium: 46.72µg (66.75%), Manganese: 0.81mg (40.56%), Phosphorus: 270.04mg (27%), Copper: 0.39mg (19.42%), Vitamin B6: 0.37mg (18.71%), Fiber: 4.43g (17.72%), Calcium: 175.1mg (17.51%), Vitamin B3: 3.4mg (17%), Potassium: 558.64mg (15.96%), Magnesium: 63.12mg (15.78%), Vitamin B1: 0.22mg (14.91%), Vitamin C: 12.01mg (14.56%), Iron: 2.54mg (14.11%), Zinc: 2.03mg (13.5%), Vitamin E: 1.6mg (10.65%), Vitamin B2: 0.17mg (9.74%), Vitamin K: 10.06µg (9.58%), Vitamin B5: 0.77mg (7.7%), Folate: 30.63µg (7.66%), Vitamin A: 345.84IU (6.92%), Vitamin B12: 0.31µg (5.1%), Vitamin D: 0.17µg (1.15%)