



Penne Pasta with Spinach and Bacon

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon chopped
- 14.5 ounce canned tomatoes diced canned
- 2 tablespoons garlic minced
- 2 tablespoons olive oil divided
- 12 ounce penne pasta
- 1 bunch pkt spinach fresh rinsed

Equipment

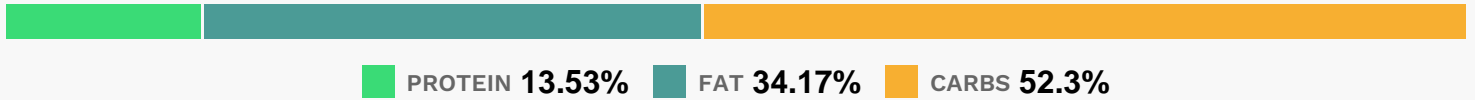
- bowl

- frying pan
- pot
- colander

Directions

- Bring a large pot of lightly salted water to a boil.
- Add the penne pasta, and cook until tender, 8 to 10 minutes.
- Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat.
- Place bacon in the skillet, and cook until browned and crisp.
- Add garlic, and cook for about 1 minute. Stir in the tomatoes, and cook until heated through.
- Place the spinach into a colander, and drain the hot pasta over it so it is wilted.
- Transfer to a large serving bowl, and toss with the remaining olive oil, and the bacon and tomato mixture.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:28.4, Inflammation Score:-10, Nutrition Score:35.128695524257%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 573.42kcal (28.67%), Fat: 22.02g (33.88%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 75.83g (25.28%), Net Carbohydrates: 69.2g (25.16%), Sugar: 7.19g (7.99%), Cholesterol: 21.78mg (7.26%), Sodium: 427.19mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.25%), Vitamin K: 420.36µg (400.35%), Vitamin A: 8203.97IU (164.08%), Manganese: 1.8mg (90.05%), Selenium: 62.42µg (89.17%), Folate: 193.69µg (48.42%), Vitamin C: 34.59mg (41.92%), Magnesium: 137.74mg (34.43%), Potassium: 1046.52mg (29.9%), Vitamin B6: 0.58mg (28.9%), Phosphorus: 288.92mg (28.89%), Copper: 0.57mg (28.51%), Vitamin E: 4.26mg (28.38%), Iron: 4.99mg (27.71%), Fiber: 6.63g (26.51%), Vitamin B3: 4.67mg (23.36%), Vitamin B1: 0.32mg (21.27%),

Vitamin B2: 0.3mg (17.43%), Zinc: 2.36mg (15.75%), Calcium: 145.91mg (14.59%), Vitamin B5: 0.91mg (9.14%),
Vitamin B12: 0.17µg (2.75%)