



Penne with Bacon, Cheese, and Tomato

READY IN



23 min.

SERVINGS



7

CALORIES



286 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce baby spinach fresh packed (3 cups)
- 0.3 teaspoon pepper black freshly ground
- 1 cup milk fat-free
- 2 tablespoons flour all-purpose
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 pint grape tomatoes
- 4 ounces gruyère cheese shredded
- 3 tablespoons parmesan cheese fresh shredded

- 2 cups penne pasta uncooked
- 0.5 teaspoon salt
- 4 slices center-cut bacon

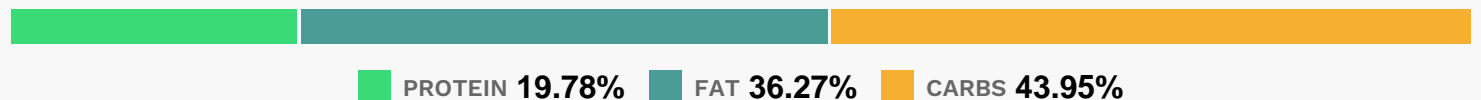
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, place flour in a small bowl, and gradually add milk, stirring with a whisk until well blended.
- Cook bacon in a large saucepan over medium-high heat until crisp.
- Remove bacon from pan, reserving 1 teaspoon drippings in pan; crumble bacon, and set aside.
- Add garlic to drippings in pan; saut 30 seconds.
- Add milk mixture, and cook over medium heat 4 minutes or until thick, stirring occasionally.
- Remove pan from heat; add Gruyere, salt, and pepper, stirring until cheese melts.
- Drain pasta.
- Combine pasta, cheese sauce, crumbled bacon, basil, spinach, and tomatoes; toss.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:54.18, Glycemic Load:12.32, Inflammation Score:-9, Nutrition Score:20.00478251084%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 286.09kcal (14.3%), Fat: 11.55g (17.77%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 29.02g (10.55%), Sugar: 4.6g (5.11%), Cholesterol: 28.62mg (9.54%), Sodium: 438.42mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin K: 126.91µg (120.86%), Vitamin A: 3133.69IU (62.67%), Selenium: 27.47µg (39.24%), Manganese: 0.64mg (32.19%), Calcium: 277.19mg (27.72%), Phosphorus: 261.53mg (26.15%), Vitamin C: 16.51mg (20.01%), Folate: 70.08µg (17.52%), Magnesium: 57.51mg (14.38%), Potassium: 475.15mg (13.58%), Vitamin B2: 0.2mg (11.69%), Zinc: 1.73mg (11.51%), Vitamin B6: 0.23mg (11.45%), Vitamin B1: 0.16mg (10.44%), Fiber: 2.48g (9.93%), Copper: 0.19mg (9.31%), Vitamin B12: 0.55µg (9.18%), Vitamin B3: 1.83mg (9.17%), Iron: 1.51mg (8.36%), Vitamin E: 1.01mg (6.72%), Vitamin B5: 0.53mg (5.27%), Vitamin D: 0.54µg (3.62%)