



## Penne with Garlicky Broccolini

READY IN



20 min.

SERVINGS



8

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 slices bacon
- 0.8 pound broccolini cut into 1 inch pieces
- 12 cloves garlic minced
- 0.3 cup parmesan cheese freshly grated
- 16 ounce penne pasta dry
- 8 servings salt and pepper to taste

### Equipment

- frying pan

paper towels

pot

## Directions

Bring a large pot of lightly salted water to a boil.

Add the penne pasta, and cook until tender, about 8 minutes.

Drain.

Meanwhile, place the bacon in a large skillet over medium heat. Turn frequently to cook until browned and crisp.

Drain on paper towels.

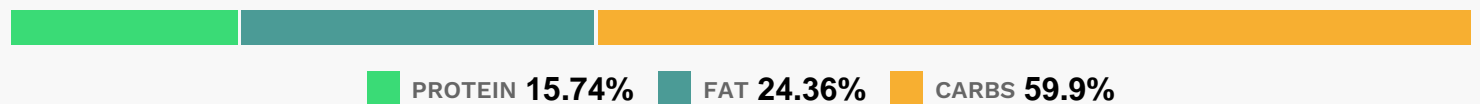
Add half of the garlic to the bacon grease, and cook over medium-low heat for 3 minutes, stirring frequently.

Add the broccolini, and continue to cook and stir for 3 or 4 minutes, or until the broccolini is tender but still bright green. Stir in the remaining garlic, salt and pepper.

Add the pasta to the skillet, and stir to coat.

Remove from the heat and mix in the Parmesan cheese, and crumble in the bacon. Toss again, and serve!

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:17.44, Inflammation Score:-7, Nutrition Score:11.572608719701%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 320.92kcal (16.05%), Fat: 8.59g (13.22%), Saturated Fat: 3g (18.75%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.15g (16.42%), Sugar: 2.56g (2.85%), Cholesterol: 14.52mg (4.84%), Sodium: 392.61mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (24.99%), Selenium: 41.25µg (58.93%), Vitamin C: 40.42mg (49%), Manganese: 0.6mg (30.05%), Phosphorus: 164.22mg (16.42%), Vitamin A: 792.98IU (15.86%), Fiber:

2.41g (9.64%), Copper: 0.19mg (9.3%), Vitamin B6: 0.18mg (9.18%), Calcium: 87.85mg (8.78%), Magnesium: 34.62mg (8.65%), Vitamin B3: 1.66mg (8.31%), Zinc: 1.23mg (8.18%), Vitamin B1: 0.11mg (7.11%), Iron: 1.26mg (7.02%), Potassium: 184.86mg (5.28%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.38mg (3.76%), Folate: 10.59µg (2.65%), Vitamin B12: 0.14µg (2.31%), Vitamin E: 0.16mg (1.05%)