



Penne with Radicchio, Spinach, and Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces bacon (8 slices)
- ☐ 1 cup low-salt chicken broth
- ☐ 6 teaspoons olive oil divided
- ☐ 2 cups onion chopped
- ☐ 1 cup parmesan cheese plus additional freshly grated for serving
- ☐ 1 pound penne pasta
- ☐ 6 cups tardivo radicchio leaves packed () (from 2 medium heads)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 head garlic whole with 12 to 14 cloves)

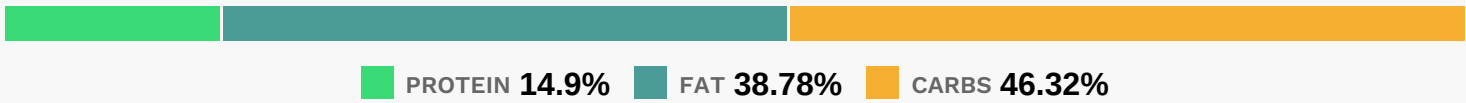
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375°F.
- ☐ Cut off top 1/2 inch of garlic head, exposing cloves.
- ☐ Place garlic head, cut side up, on sheet of foil and drizzle with 1/2 teaspoon olive oil. Wrap garlic in foil. Roast until garlic is soft, about 40 minutes.
- ☐ Let stand until cool enough to handle. Squeeze garlic into small bowl.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, cook bacon strips and chopped onion in heavy large skillet over medium-high heat until golden brown, stirring occasionally, about 12 minutes.
- ☐ Add chicken broth, remaining 5 1/2 teaspoons olive oil, and roasted garlic. Bring mixture to simmer, stirring occasionally.
- ☐ Add radicchio, spinach, and basil and stir to combine. Simmer just until radicchio and spinach wilt, about 1 minute.
- ☐ Drain pasta and return to same pot.
- ☐ Add radicchio-spinach mixture to pasta.
- ☐ Add 1 cup grated Parmesan cheese and crushed red pepper; toss to coat. Season pasta to taste with salt and pepper and serve, passing additional Parmesan cheese alongside.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:24.23, Inflammation Score:-7, Nutrition Score:21.842608555504%

Flavonoids

Cyanidin: 50.8mg, Cyanidin: 50.8mg, Cyanidin: 50.8mg, Cyanidin: 50.8mg Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 15.21mg, Luteolin: 15.21mg, Luteolin: 15.21mg, Luteolin: 15.21mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 23.51mg, Quercetin: 23.51mg, Quercetin: 23.51mg, Quercetin: 23.51mg

Nutrients (% of daily need)

Calories: 587.64kcal (29.38%), Fat: 25.24g (38.82%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 64.02g (23.28%), Sugar: 4.64g (5.15%), Cholesterol: 39.45mg (13.15%), Sodium: 571.41mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.63%), Vitamin K: 105.15µg (100.14%), Selenium: 62.52µg (89.31%), Manganese: 0.92mg (45.75%), Phosphorus: 353.64mg (35.36%), Copper: 0.43mg (21.65%), Calcium: 195.3mg (19.53%), Vitamin B6: 0.37mg (18.59%), Vitamin B3: 3.56mg (17.82%), Zinc: 2.67mg (17.8%), Magnesium: 62.65mg (15.66%), Fiber: 3.81g (15.25%), Potassium: 526.97mg (15.06%), Vitamin B1: 0.22mg (14.49%), Vitamin E: 1.86mg (12.38%), Folate: 48.9µg (12.23%), Vitamin C: 8.6mg (10.43%), Vitamin B2: 0.18mg (10.4%), Iron: 1.75mg (9.73%), Vitamin B5: 0.79mg (7.92%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 195.15IU (3.9%), Vitamin D: 0.23µg (1.56%)