



Peppered Bacon and Tomato Linguine

READY IN



30 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound peppered bacon diced
- 14.5 ounce canned tomatoes diced canned
- 1 teaspoon basil dried
- 2 teaspoons garlic minced
- 2 tablespoons green onion chopped
- 6 servings ground pepper black to taste
- 3 tablespoons parmesan cheese grated
- 16 ounce linguine pasta
- 1 teaspoon salt

Equipment

- frying pan
- pot

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, reserving drippings, and set aside.
- Saute green onion and garlic in bacon drippings over medium heat for one minute. Stir in tomatoes, basil, salt and ground black pepper; simmer for 5 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.
- Toss hot pasta with sauce and sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:24.23, Inflammation Score:-5, Nutrition Score:15.196087023486%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 473.31kcal (23.67%), Fat: 17.05g (26.24%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 58.98g (21.45%), Sugar: 5.09g (5.66%), Cholesterol: 27.12mg (9.04%), Sodium: 777.17mg (33.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Selenium: 56.83µg (81.18%), Manganese: 0.87mg (43.75%), Phosphorus: 237.97mg (23.8%), Copper: 0.37mg (18.53%), Vitamin B3: 3.67mg (18.36%), Vitamin B6: 0.33mg (16.44%), Fiber: 3.88g (15.53%), Magnesium: 61.2mg (15.3%), Vitamin B1: 0.23mg (15.18%), Potassium: 464.09mg (13.26%), Iron: 2.25mg (12.49%), Zinc: 1.84mg (12.26%), Vitamin K: 10.93µg (10.41%), Vitamin C: 6.99mg (8.48%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.74mg (7.44%), Vitamin B2: 0.13mg (7.36%), Calcium: 70.83mg (7.08%), Folate: 24.51µg (6.13%), Vitamin A: 204.73IU (4.09%), Vitamin B12: 0.22µg (3.71%),

Vitamin D: 0.16µg (1.09%)