



Ranch, Bacon, and Parmesan Pasta Salad

READY IN



165 min.

SERVINGS



6

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 1 carrots diced peeled
- ☐ 1 stalk celery diced
- ☐ 16 ounce farfalle pasta (bow tie)
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 1 cup ranch dressing prepared
- ☐ 1 onion diced red

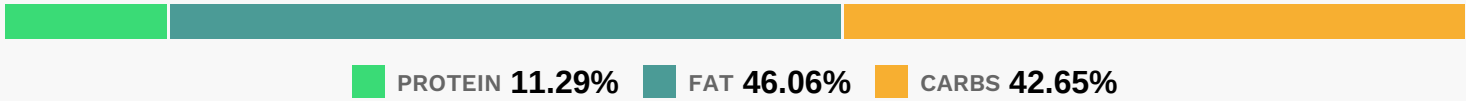
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Transfer to a bowl, and refrigerate until cool, at least 30 minutes.
- ☐ Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate, let cool, and chop.
- ☐ In a large salad bowl, stir together the ranch dressing, bacon, Parmesan cheese, carrot, celery, and red onion until well combined. Lightly stir in the cooled pasta to coat with dressing, and refrigerate 2 hours to blend flavors before serving.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:23.5, Inflammation Score:-8, Nutrition Score:17.049565144207%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 589.31kcal (29.47%), Fat: 29.88g (45.97%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 62.24g (20.75%), Net Carbohydrates: 59.12g (21.5%), Sugar: 5.31g (5.9%), Cholesterol: 30.59mg (10.2%), Sodium: 657.16mg (28.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.97%), Selenium: 55.6µg (79.43%), Vitamin K: 57.19µg (54.46%), Manganese: 0.76mg (37.96%), Vitamin A: 1817.17IU (36.34%), Phosphorus: 317.27mg (31.73%), Calcium: 137.08mg (13.71%), Magnesium: 52.16mg (13.04%), Copper: 0.25mg (12.6%), Fiber: 3.12g (12.49%), Vitamin B3: 2.36mg (11.78%), Vitamin B6: 0.23mg (11.32%), Zinc: 1.69mg (11.25%), Vitamin B1: 0.15mg (10.3%), Potassium: 322.05mg (9.2%), Vitamin B5: 0.87mg (8.72%), Vitamin B2: 0.14mg (8.25%), Vitamin E: 1.17mg (7.82%), Iron: 1.34mg (7.46%), Folate: 23.61µg (5.9%), Vitamin B12: 0.28µg (4.63%), Vitamin C: 2.16mg (2.62%), Vitamin D: 0.17µg (1.13%)