



Rotelle with Bacon, Watercress, and Cherry Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon sliced
- 2 tablespoons butter
- 1.5 cups cherry tomatoes halved
- 0.8 teaspoon fresh-ground pepper black
- 2 tablespoons olive oil
- 4 servings parmesan cheese grated for serving
- 1 teaspoon salt

- 1 scallion including top green cut into thin slices
- 5 ounces watercress
- 0.8 pound rotelle
- 0.8 pound rotelle

Equipment

- frying pan
- paper towels
- pot
- slotted spoon

Directions

- In a large frying pan, cook the bacon until golden brown and just crisp, about 5 minutes.
- Remove with a slotted spoon and drain on paper towels.
- Pour off all but 1 teaspoon of the fat.
- Add the tomatoes, salt, and pepper to the pan. Cook over moderate heat, stirring, until the tomatoes soften slightly, about 3 minutes.
- Add the watercress and cook, stirring, until just wilted, about 1 minute.
- In a large pot of boiling, salted water, cook the rotelle until just done, about 12 minutes. Reserve 3/4 cup of the pasta water.
- Drain the pasta and toss with the bacon, 1/2 cup of the reserved pasta water, the tomato mixture, the butter, and the olive oil. If the pasta seems dry, add more of the reserved pasta water. Top with the sliced scallions.
- Serve with grated Parmesan.
- Wine Recommendation: A straightforward white wine will be best. Either a pinot blanc from Alsace in France or a California chenin blanc will have enough body to stand up to the acidity of the tomatoes and the saltiness of the bacon in this dish.

Nutrition Facts

 PROTEIN 14.2%  FAT 79.63%  CARBS 6.17%

Properties

Glycemic Index:36.5, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:18.154347896576%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 8.21mg, Kaempferol: 8.21mg, Kaempferol: 8.21mg, Kaempferol: 8.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 490.66kcal (24.53%), Fat: 43.7g (67.22%), Saturated Fat: 16.78g (104.86%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.87g (2.5%), Sugar: 1.56g (1.73%), Cholesterol: 78.57mg (26.19%), Sodium: 1548.1mg (67.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.07%), Vitamin K: 102.19µg (97.33%), Vitamin A: 1891.39IU (37.83%), Vitamin C: 28.54mg (34.6%), Selenium: 22.6µg (32.29%), Calcium: 322.64mg (32.26%), Phosphorus: 312.14mg (31.21%), Vitamin E: 2.25mg (15.03%), Vitamin B1: 0.22mg (14.6%), Zinc: 2.11mg (14.06%), Vitamin B3: 2.69mg (13.47%), Vitamin B6: 0.27mg (13.41%), Vitamin B2: 0.21mg (12.34%), Potassium: 421.35mg (12.04%), Vitamin B12: 0.7µg (11.67%), Manganese: 0.23mg (11.55%), Magnesium: 31.17mg (7.79%), Vitamin B5: 0.61mg (6.09%), Copper: 0.11mg (5.65%), Iron: 0.94mg (5.25%), Folate: 14.45µg (3.61%), Fiber: 0.74g (2.96%), Vitamin D: 0.38µg (2.51%)