



Sicilian Fusilli

READY IN



23 min.

SERVINGS



6

CALORIES



785 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces rotini pasta (fusilli)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 teaspoon pepper
- ☐ 2 cups bacon (4 medium)
- ☐ 1 medium bell pepper yellow cut into 2-inch strips
- ☐ 15 oz cannellini beans white rinsed drained canned (kidney)
- ☐ 15 ounces tomato sauce canned (any flavor)
- ☐ 14 ounces artichoke hearts drained cut into fourths canned

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0.5 cup parmesan cheese shredded grated

Equipment

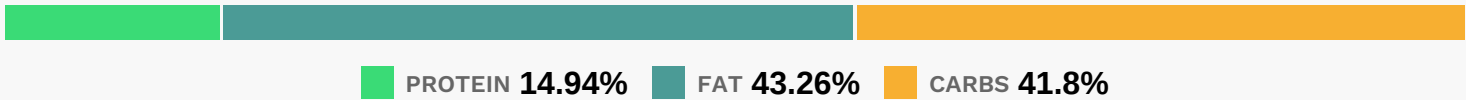
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frying pan

Directions

- ☐ Cook pasta as directed on package; drain.
- ☐ Heat oil in 10-inch skillet over medium-high heat.
- ☐ Cook basil, pepper, carrots and bell pepper in oil about 3 minutes, stirring occasionally, until carrots are crisp-tender. Stir in pasta, beans, tomato sauce and artichoke hearts. Cook about 5 minutes, stirring occasionally, until hot.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:27.55, Inflammation Score:-7, Nutrition Score:26.43739140552%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 785.27kcal (39.26%), Fat: 37.54g (57.75%), Saturated Fat: 12.44g (77.75%), Carbohydrates: 81.61g (27.2%), Net Carbohydrates: 73.2g (26.62%), Sugar: 5.28g (5.86%), Cholesterol: 59.3mg (19.77%), Sodium: 1257.14mg (54.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Selenium: 68.2µg (97.43%), Manganese: 1.28mg (64.04%), Vitamin C: 41.36mg (50.13%), Phosphorus: 400.02mg (40%), Fiber: 8.42g (33.67%), Vitamin B3: 5.46mg (27.29%), Iron: 4.87mg (27.03%), Copper: 0.54mg (27.03%), Potassium: 936.34mg (26.75%), Magnesium: 106.91mg (26.73%), Vitamin B1: 0.38mg (25.3%), Vitamin B6: 0.49mg (24.49%), Zinc: 3.39mg (22.61%), Vitamin K: 20.4µg (19.43%), Folate: 73.83µg (18.46%), Calcium: 173.74mg (17.37%), Vitamin E: 2.31mg (15.37%), Vitamin B2: 0.22mg (13.17%), Vitamin B5: 1.18mg (11.84%), Vitamin A: 454.6IU (9.09%), Vitamin B12: 0.51µg (8.45%), Vitamin D: 0.36µg (2.38%)