



Simple Red Sauce with Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



662 kcal

SAUCE

Ingredients

- 6 slices bacon
- 4 leaves basil fresh
- 0.5 teaspoon garlic chopped
- 1 chile peppers diced green
- 2 tablespoons olive oil
- 2 tablespoons parmesan cheese grated
- 16 ounce penne pasta
- 1 onion red chopped
- 3 tomatoes chopped

Equipment

- bowl
- frying pan
- pot

Directions

- In a large pot with boiling salted water cook penne pasta until al dente.
- Drain well.
- Meanwhile, in a medium skillet cook the bacon strips until mostly cooked, but not crisp.
- Remove from pan, break into bite size pieces.
- Drain bacon grease from pan. Return cooked bacon to pan, add minced garlic, chopped red onion, olive oil and chili pepper.
- Saute until onion is soft, about 5 minutes.
- Add chopped tomatoes, 1/2 cup of grated Parmesan cheese and fresh basil. Simmer for 10 minutes.
- Pour ingredients into a large bowl.
- Add additional grated Parmesan cheese to top and serve immediately over cooked and drained pasta.

Nutrition Facts



PROTEIN 12.68% **FAT 31.1%** **CARBS 56.22%**

Properties

Glycemic Index:51.75, Glycemic Load:35.59, Inflammation Score:-8, Nutrition Score:19.460000056288%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 662.04kcal (33.1%), Fat: 22.73g (34.96%), Saturated Fat: 6.09g (38.08%), Carbohydrates: 92.45g (30.82%), Net Carbohydrates: 86.86g (31.59%), Sugar: 7g (7.78%), Cholesterol: 23.95mg (7.99%), Sodium: 312.41mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.69%), Selenium: 79.37µg (113.38%), Manganese: 1.2mg (59.91%), Phosphorus: 308.66mg (30.87%), Fiber: 5.59g (22.36%), Copper: 0.41mg (20.54%), Vitamin C: 16.23mg (19.67%), Magnesium: 78.25mg (19.56%), Vitamin B3: 3.84mg (19.22%), Vitamin B6: 0.36mg (18.15%), Potassium: 584.65mg (16.7%), Vitamin A: 829.24IU (16.58%), Vitamin B1: 0.24mg (16.1%), Zinc: 2.31mg (15.39%), Vitamin K: 13.85µg (13.19%), Vitamin E: 1.8mg (11.97%), Iron: 1.99mg (11.05%), Folate: 39.98µg (9.99%), Vitamin B5: 0.8mg (7.99%), Vitamin B2: 0.13mg (7.6%), Calcium: 64.75mg (6.47%), Vitamin B12: 0.2µg (3.31%)