



Skillet-Toasted Penne with Bacon and Spinach

READY IN



55 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces baby spinach
- ☐ 6 cups chicken stock see unsalted (such as Swanson)
- ☐ 8 garlic sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil divided
- ☐ 2 tablespoons parmesan grated
- ☐ 8 ounces penne pasta uncooked

- ☐ 0.5 cup shallots sliced
- ☐ 4 slices bacon chopped

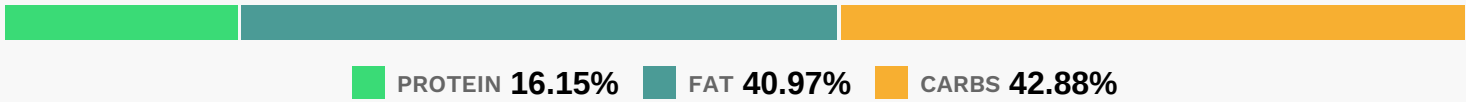
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring stock to a simmer in a saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add pasta; cook 5 minutes or until toasted, stirring frequently.
- ☐ Remove pasta from pan.
- ☐ Add the remaining 1 tablespoon oil, shallots, garlic, and bacon to pan; cook 4 minutes or until browned.
- ☐ Remove bacon mixture from pan. Reduce heat to medium-low. Return pasta to pan.
- ☐ Add stock, 1 cup at a time, stirring constantly until each portion of stock is nearly absorbed before adding the next (about 35 minutes total), stirring frequently. Stir in bacon mixture, juice, rind, spinach, salt, and cheese.
- ☐ Garnish with oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:19, Inflammation Score:0, Nutrition Score:29.656521527664%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg

2.73mg, Kaempferol: 2.73mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg
Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 602.71kcal (30.14%), Fat: 27.35g (42.07%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 64.38g (21.46%),
Net Carbohydrates: 60.52g (22.01%), Sugar: 9.89g (10.99%), Cholesterol: 36.26mg (12.09%), Sodium: 980.27mg
(42.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.51%), Vitamin K: 210.76µg (200.73%),
Vitamin A: 4033.22IU (80.66%), Selenium: 53.19µg (75.99%), Manganese: 1.09mg (54.67%), Vitamin B3: 8.52mg
(42.6%), Vitamin B6: 0.66mg (32.98%), Phosphorus: 321.64mg (32.16%), Folate: 121.9µg (30.47%), Vitamin B2:
0.47mg (27.71%), Potassium: 942.5mg (26.93%), Copper: 0.47mg (23.72%), Magnesium: 91.44mg (22.86%), Vitamin
B1: 0.34mg (22.76%), Vitamin C: 18.68mg (22.64%), Iron: 3.32mg (18.42%), Fiber: 3.86g (15.44%), Vitamin E: 2.22mg
(14.83%), Zinc: 2.21mg (14.75%), Calcium: 118.73mg (11.87%), Vitamin B5: 0.61mg (6.1%), Vitamin B12: 0.21µg (3.5%),
Vitamin D: 0.16µg (1.04%)