



Southwestern Gemelli with Bacon

READY IN



22 min.

SERVINGS



4

CALORIES



671 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 1 cup cherry tomatoes quartered
- ☐ 0.5 teaspoon chili powder
- ☐ 4 servings cilantro leaves chopped
- ☐ 1 cup regular corn fresh
- ☐ 1 clove garlic finely chopped
- ☐ 12 ounces gemelli
- ☐ 0.5 cup chicken broth low-sodium

- ☐ 4 servings salt and pepper
- ☐ 4 servings cheddar shredded

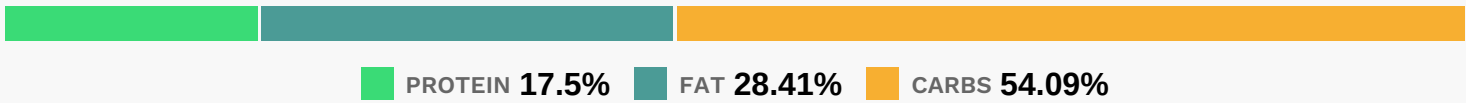
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of salted water to boil.
- ☐ Add pasta and cook until al dente, 10 minutes or as package label directs.
- ☐ Drain.
- ☐ Meanwhile, cook bacon in a large skillet over medium-high heat, stirring often, until crisp, about 8 minutes.
- ☐ Drain off all but 2 Tbsp. fat in skillet, add garlic and chili powder and stir for 30 seconds.
- ☐ Add broth, beans, corn and tomatoes, bring to a boil, reduce heat to medium-low and simmer, stirring occasionally, until heated through, about 3 minutes.
- ☐ Add pasta to skillet, tossing to coat. Season with salt and pepper.
- ☐ Sprinkle with chopped cilantro and shredded Cheddar, if desired, and serve with lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:24.692608854045%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 670.86kcal (33.54%), Fat: 21.27g (32.73%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 91.13g (30.38%), Net Carbohydrates: 79.98g (29.08%), Sugar: 5.63g (6.26%), Cholesterol: 44.52mg (14.84%), Sodium: 971.62mg (42.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Selenium: 68.61µg (98.01%), Manganese: 1.15mg (57.45%), Phosphorus: 498.13mg (49.81%), Fiber: 11.15g (44.59%), Magnesium: 110.68mg (27.67%), Calcium: 276.64mg (27.66%), Copper: 0.54mg (26.84%), Folate: 106.68µg (26.67%), Vitamin B1: 0.37mg (24.44%), Potassium: 796.65mg (22.76%), Zinc: 3.4mg (22.68%), Vitamin B2: 0.37mg (21.71%), Vitamin B3: 4.28mg (21.42%), Iron: 3.83mg (21.26%), Vitamin C: 14.09mg (17.08%), Vitamin B6: 0.34mg (16.96%), Vitamin A: 643.87IU (12.88%), Vitamin B5: 1.12mg (11.23%), Vitamin B12: 0.46µg (7.63%), Vitamin E: 0.75mg (4.97%), Vitamin K: 2.54µg (2.42%), Vitamin D: 0.27µg (1.79%)