



Spaghetti with Bacon



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



365 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bacon cut into 1/4 inch pieces
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 16 ounce pasta like spaghetti

Equipment

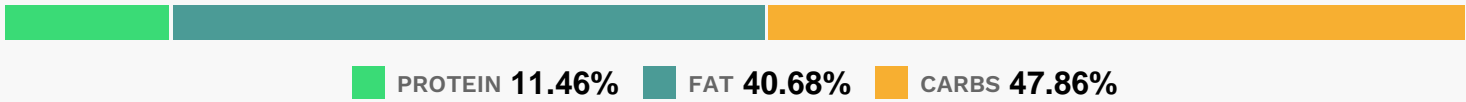
- ☐ frying pan
- ☐ pot

☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the bacon, and cook until the bacon has begun to shrink, about 3 minutes.
- ☐ Add the garlic, and continue cooking and stirring until the garlic has softened, and the bacon is crisp, about 5 minutes. Toss the drained pasta with the bacon, oil, and parsley to serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:17.2, Inflammation Score:-4, Nutrition Score:11.71521738042%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 365.35kcal (18.27%), Fat: 16.38g (25.19%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 41.38g (15.05%), Sugar: 1.56g (1.73%), Cholesterol: 14.52mg (4.84%), Sodium: 151.53mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.75%), Vitamin K: 65.65µg (62.52%), Selenium: 40.47µg (57.82%), Manganese: 0.55mg (27.67%), Phosphorus: 143.31mg (14.33%), Vitamin B3: 1.91mg (9.54%), Copper: 0.18mg (9.16%), Magnesium: 34.94mg (8.74%), Vitamin B6: 0.16mg (8.05%), Fiber: 1.97g (7.88%), Vitamin B1: 0.12mg (7.86%), Vitamin E: 1.16mg (7.72%), Zinc: 1.12mg (7.44%), Vitamin C: 5.46mg (6.61%), Vitamin A: 324.17IU (6.48%), Iron: 1.12mg (6.24%), Potassium: 196.86mg (5.62%), Folate: 15.95µg (3.99%), Vitamin B5: 0.39mg (3.9%), Vitamin B2: 0.06mg (3.36%), Calcium: 20.96mg (2.1%), Vitamin B12: 0.11µg (1.83%)