



Spaghettini With Bacon, Mushrooms and Herbs

READY IN



30 min.

SERVINGS



4

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 4 servings kosher salt
- ☐ 12 ounces mushrooms mixed sliced
- ☐ 1 large onion chopped
- ☐ 1 pinch pepper flakes red
- ☐ 12 ounces spaghettini

- ☐ 6 slices bacon thick-cut cut into 1/2-inch pieces
- ☐ 3 tablespoons tomato paste
- ☐ 2 tablespoons butter unsalted

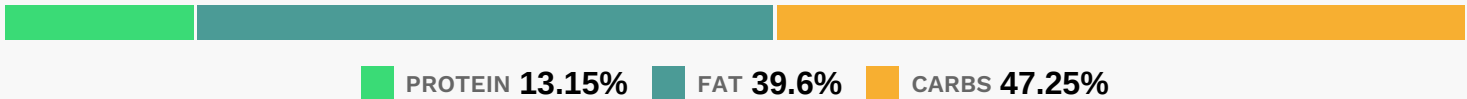
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Meanwhile, cook the bacon in a large skillet over medium-high heat, stirring occasionally, until it begins to brown, about 5 minutes.
- ☐ Add the onion, garlic, red pepper flakes and 1 teaspoon salt and cook, stirring occasionally, until the onion is soft, about 5 minutes.
- ☐ Add the tomato paste and cook, stirring, until the mixture is brick red, about 3 minutes.
- ☐ Add the mushrooms and cook until just tender, about 3 minutes. When the water boils, add the pasta and cook until al dente, about 6 minutes. Meanwhile, add 1 cup of the cooking water to the skillet with the sauce; stir and bring to a low simmer over medium heat. Reserve 1/4 cup cooking water, then drain the pasta and add to the skillet along with the butter and herbs. Cook, tossing, until the pasta absorbs some of the sauce, 1 to 2 minutes.
- ☐ Add the reserved cooking water to loosen, if needed. Divide among bowls and top with cheese. Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:29.55, Inflammation Score:-8, Nutrition Score:24.902173747187%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg,

Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg
Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 7.66mg, Quercetin:
7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 659.12kcal (32.96%), Fat: 29.19g (44.91%), Saturated Fat: 11.11g (69.44%), Carbohydrates: 78.39g (26.13%),
Net Carbohydrates: 72.03g (26.19%), Sugar: 7.39g (8.21%), Cholesterol: 50.69mg (16.9%), Sodium: 665.18mg
(28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.61%), Selenium: 70.83µg (101.18%),
Manganese: 1.39mg (69.35%), Vitamin B3: 7.69mg (38.44%), Phosphorus: 371.9mg (37.19%), Vitamin B6: 0.7mg
(34.97%), Vitamin K: 34.96µg (33.29%), Fiber: 6.36g (25.43%), Potassium: 859.57mg (24.56%), Copper: 0.48mg
(24.13%), Magnesium: 91.25mg (22.81%), Vitamin B2: 0.36mg (21.28%), Vitamin B5: 2.03mg (20.34%), Zinc: 3.04mg
(20.29%), Iron: 3.41mg (18.96%), Vitamin B1: 0.28mg (18.55%), Vitamin A: 701.76IU (14.04%), Vitamin C: 10.52mg
(12.75%), Folate: 47.84µg (11.96%), Calcium: 83.79mg (8.38%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.28µg
(4.7%), Vitamin D: 0.66µg (4.41%)