



Spicy Bucatini Pasta

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 medium onion thinly sliced
- ☐ 1 jalapeno red seeded finely chopped
- ☐ 0.3 pound bacon sliced cut into 1-inch pieces
- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 cups plum tomatoes chopped (Roma)

☐ 16 ounces bucatini pasta

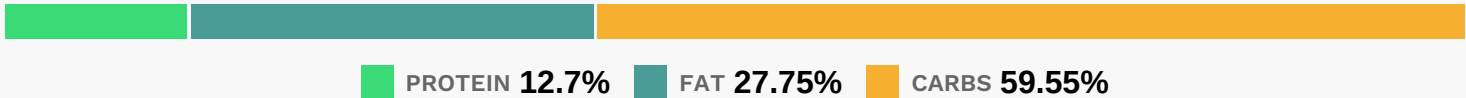
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven or 12-inch skillet, heat oil over medium-high heat. Cook parsley, thyme, onion and chile in oil about 3 minutes, stirring frequently, just until onion is soft.
- ☐ Stir in bacon. Cook about 8 minutes, stirring occasionally, until bacon is crisp.
- ☐ Drain fat, reserving 2 tablespoons; discard remaining fat.
- ☐ Stir vinegar into bacon mixture; cook until evaporated. Stir in tomatoes and reserved bacon fat.
- ☐ Heat to boiling; reduce heat. Cover and simmer 20 minutes, stirring occasionally.
- ☐ Meanwhile, cook and drain pasta as directed on package.
- ☐ Add pasta to tomato mixture. Cook over high heat about 3 minutes, tossing gently, until pasta is evenly coated.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:25.01, Inflammation Score:-9, Nutrition Score:17.593478197637%

Flavonoids

Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 438.94kcal (21.95%), Fat: 13.53g (20.82%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 60.6g (22.03%), Sugar: 7.47g (8.3%), Cholesterol: 12.47mg (4.16%), Sodium: 139.5mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Selenium: 51.68µg (73.83%), Manganese: 0.91mg (45.67%), Vitamin C: 27.74mg (33.62%), Vitamin K: 32.21µg (30.67%), Vitamin A: 1415.42IU (28.31%), Phosphorus: 215.52mg (21.55%), Fiber: 4.73g (18.91%), Potassium: 622.81mg (17.79%), Copper: 0.33mg (16.66%), Vitamin B6: 0.32mg (15.97%), Magnesium: 63.24mg (15.81%), Vitamin B3: 3.05mg (15.24%), Vitamin B1: 0.19mg (12.63%), Zinc: 1.61mg (10.73%), Folate: 42.45µg (10.61%), Vitamin E: 1.41mg (9.41%), Iron: 1.67mg (9.27%), Vitamin B5: 0.6mg (6.02%), Vitamin B2: 0.1mg (5.87%), Calcium: 40.13mg (4.01%), Vitamin B12: 0.09µg (1.57%)