



Springtime pasta

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 200 g kale shredded
- ☐ 100 g bacon chopped
- ☐ 1 medium onion red finely sliced
- ☐ 100 g goat cheese soft

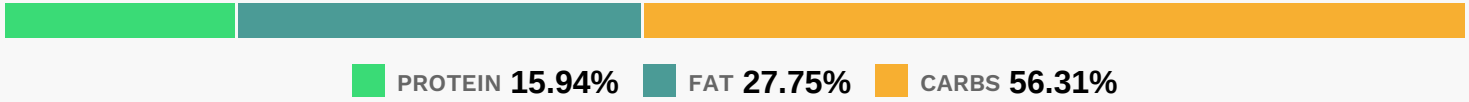
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Boil the pasta in salted water.
- ☐ Add the kale for the final 2 mins, then drain, reserving a little of the cooking liquid.
- ☐ Meanwhile, dry-fry the bacon in a nonstick pan until crisp.
- ☐ Remove from the pan and drain off most of the fat, leaving behind about 1 tsp. Gently fry the onion in the fat for 2–3 mins until soft.
- ☐ Tip the cooked pasta and kale into the pan, then stir through the bacon and goats cheese.
- ☐ Add a little of the pasta cooking water if the mixture seems a bit dry.
- ☐ Serve in bowls scattered with grated Parmesan, if you like.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:30.64, Inflammation Score:-10, Nutrition Score:30.083478279736%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.18mg, Isorhamnetin: 13.18mg, Isorhamnetin: 13.18mg, Isorhamnetin: 13.18mg Kaempferol: 23.58mg, Kaempferol: 23.58mg, Kaempferol: 23.58mg, Kaempferol: 23.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg

Nutrients (% of daily need)

Calories: 569.75kcal (28.49%), Fat: 17.48g (26.88%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 74.05g (26.93%), Sugar: 4.46g (4.95%), Cholesterol: 28mg (9.33%), Sodium: 291.1mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.18%), Vitamin K: 195.66µg (186.34%), Vitamin A: 5263.05IU (105.26%), Selenium: 69.51µg (99.3%), Manganese: 1.31mg (65.49%), Vitamin C: 48.74mg (59.07%), Phosphorus: 324.48mg (32.45%), Copper: 0.52mg (25.99%), Fiber: 5.72g (22.87%), Vitamin B2: 0.36mg (20.95%), Magnesium: 79.25mg (19.81%), Calcium: 190.57mg (19.06%), Vitamin B6: 0.38mg (18.88%), Vitamin B3: 3.43mg (17.17%), Vitamin B1: 0.25mg (16.38%), Iron: 2.74mg (15.2%), Zinc: 2.18mg (14.51%), Folate: 57.22µg (14.31%), Potassium: 493.15mg (14.09%), Vitamin B5: 0.82mg (8.19%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.2µg (1.33%)