



Springtime Pasta with Bacon

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large carrots grated
- 6 bacon thick crumbled cooked
- 0.3 cup parsley fresh coarsely chopped
- 2 green onions thinly sliced
- 0.3 cup juice of lemon
- 0.3 cup olive oil
- 16 oz orecchiette pasta
- 1 cup peas sweet frozen

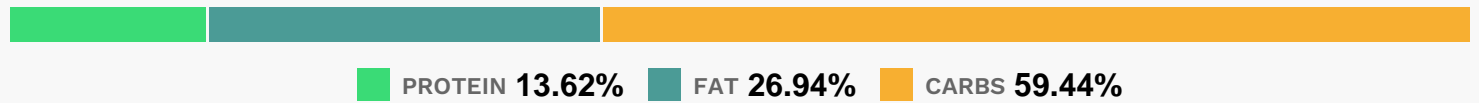
- 8 radishes cut into wedges
- 8 servings salt and pepper to taste
- 1.5 cups snow peas fresh

Equipment

Directions

- Cook pasta according to package directions, adding sweet peas and snow peas during last minute of cook time.
- Drain.
- Toss pasta mixture with radishes and next 5 ingredients; season with salt and pepper to taste.
- Sprinkle with bacon and, if desired, crumbled goat cheese.
- *1 (16-oz.) package farfalle (bow-tie) pasta may be substituted.

Nutrition Facts



Properties

Glycemic Index:28.65, Glycemic Load:18.38, Inflammation Score:-10, Nutrition Score:17.791739040095%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 332.06kcal (16.6%), Fat: 9.91g (15.25%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 49.2g (16.4%), Net Carbohydrates: 45.12g (16.41%), Sugar: 4.49g (4.99%), Cholesterol: 5.94mg (1.98%), Sodium: 315.7mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Vitamin A: 3588.94IU (71.78%), Vitamin K: 62.85µg (59.85%), Selenium: 39.4µg (56.29%), Manganese: 0.68mg (33.96%), Vitamin C: 26.77mg (32.45%),

Phosphorus: 170.02mg (17%), Fiber: 4.08g (16.31%), Vitamin B1: 0.18mg (11.89%), Magnesium: 47.17mg (11.79%),
Copper: 0.23mg (11.71%), Vitamin B3: 2.33mg (11.63%), Vitamin B6: 0.21mg (10.4%), Folate: 41.37µg (10.34%), Iron:
1.76mg (9.75%), Potassium: 334.37mg (9.55%), Zinc: 1.35mg (9.03%), Vitamin E: 1.32mg (8.8%), Vitamin B2: 0.1mg
(6.15%), Vitamin B5: 0.55mg (5.46%), Calcium: 38.19mg (3.82%), Vitamin B12: 0.07µg (1.09%)