



Suvir Saran's Penne with Popped Tomatoes and Bacon

READY IN



30 min.

SERVINGS



4

CALORIES



810 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon cut into 1/2-inch cubes
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.5 pounds cherry tomatoes halved
- ☐ 1 teaspoon basil fresh finely chopped
- ☐ 2 teaspoon rosemary leaves fresh finely chopped
- ☐ 2 teaspoon thyme sprigs fresh finely chopped
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 4 servings parmesan freshly grated for serving
- ☐ 14.5 ounce penne pasta
- ☐ 1 large onion red sliced quartered

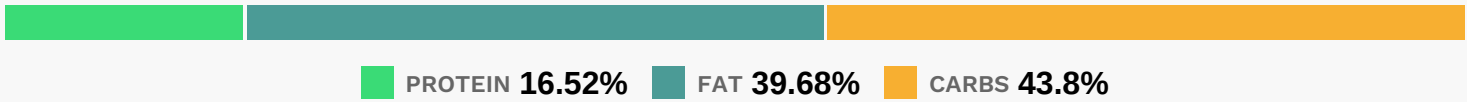
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil over high heat.
- ☐ Add 1 tablespoon of the salt and the pasta, and cook following the package instructions until the pasta is al dente.
- ☐ Drain through a colander and set aside.
- ☐ While the pasta is cooking, heat the olive oil and pepper in a large frying pan over medium heat until the pepper is fragrant, about 30 seconds. Stir in the rosemary, thyme, and basil, and then add the bacon, cooking it until it starts to render some fat, about 1 minute. Stir in the onion and cook until it begins to soften, about 2 minutes, stirring occasionally. Stir in the remaining 1 teaspoon salt and cook until the onion wilts and the bacon takes on a bit of color around the edges, about 5 minutes.
- ☐ Add the tomatoes, cover the pan, and cook until the tomatoes are starting to shrivel and shrink (but aren't mushy), 3 to 5 minutes. Stir in the pasta and divide among bowls.
- ☐ Serve with lots of freshly grated Parmigiano-Reggiano cheese.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:31.77, Inflammation Score:-9, Nutrition Score:26.41913039788%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 809.88kcal (40.49%), Fat: 35.55g (54.69%), Saturated Fat: 13.28g (82.99%), Carbohydrates: 88.31g (29.44%), Net Carbohydrates: 83.12g (30.23%), Sugar: 8.39g (9.32%), Cholesterol: 57.82mg (19.27%), Sodium: 2626.28mg (114.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.3g (66.59%), Selenium: 84.11µg (120.15%), Manganese: 1.24mg (61.95%), Phosphorus: 541.38mg (54.14%), Vitamin C: 42.43mg (51.43%), Calcium: 411.68mg (41.17%), Vitamin B3: 5.07mg (25.34%), Vitamin B6: 0.5mg (24.81%), Copper: 0.48mg (24.04%), Magnesium: 94.88mg (23.72%), Vitamin A: 1139.95IU (22.8%), Potassium: 791.87mg (22.62%), Vitamin B1: 0.34mg (22.37%), Zinc: 3.26mg (21.7%), Fiber: 5.19g (20.76%), Iron: 3.28mg (18.21%), Vitamin B2: 0.26mg (15.15%), Vitamin E: 1.89mg (12.59%), Folate: 48.52µg (12.13%), Vitamin B5: 1.16mg (11.57%), Vitamin B12: 0.64µg (10.72%), Vitamin K: 8.31µg (7.91%), Vitamin D: 0.38µg (2.51%)