



WHATSheATE



Tomato and Bacon Pasta Bake

READY IN



30 min.

SERVINGS



4

CALORIES



1008 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bacon chopped
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.5 cup milk
- ☐ 1 onion chopped
- ☐ 16 ounce rotini pasta
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded divided
- ☐ 1 tablespoon vegetable oil

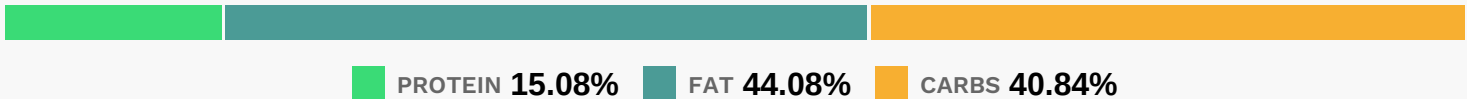
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat oil in a large saucepan or skillet, add onion, bacon, salt, and pepper. Cook until bacon is crispy and onion is soft.
- ☐ Drain fat.
- ☐ Pour in tomato soup and stir; bring to boil. Reduce heat to low; add 1 cup Cheddar cheese and the milk. Stir until cheese is melted.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Combine sauce with pasta in a baking dish.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Place under the oven broiler until sauce is thick and cheese browned, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:39.45, Inflammation Score:-8, Nutrition Score:26.090869426727%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 1007.51kcal (50.38%), Fat: 49.14g (75.59%), Saturated Fat: 20.21g (126.32%), Carbohydrates: 102.4g (34.13%), Net Carbohydrates: 97.46g (35.44%), Sugar: 12.12g (13.46%), Cholesterol: 99.2mg (33.07%), Sodium: 1261.58mg (54.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.83g (75.66%), Selenium: 102.55µg (146.5%), Phosphorus: 620.66mg (62.07%), Manganese: 1.19mg (59.72%), Calcium: 480.09mg (48.01%), Zinc: 4.68mg (31.2%), Potassium: 927.62mg (26.5%), Vitamin B3: 5.05mg (25.27%), Vitamin B2: 0.43mg (25.06%), Magnesium: 99.54mg (24.88%), Vitamin B6: 0.47mg (23.72%), Vitamin B1: 0.34mg (22.89%), Copper: 0.42mg (21.02%), Fiber: 4.93g (19.74%), Vitamin A: 936.64IU (18.73%), Vitamin B12: 1.06µg (17.66%), Vitamin C: 11.86mg (14.38%), Iron: 2.32mg (12.87%), Vitamin B5: 1.2mg (11.98%), Vitamin K: 10.36µg (9.87%), Folate: 37.5µg (9.38%), Vitamin E: 1.36mg (9.07%), Vitamin D: 0.91µg (6.07%)