



Tomato-Basil Angel Hair Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices oscar mayer bacon chopped
- 29 oz tomatoes diced italian-style undrained canned
- 0.3 tsp pepper red crushed
- 0.5 cup basil fresh chopped
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft
- 1 cup milk mozzarella cheese shredded 2% kraft
- 0.5 lb multi-grain angel hair pasta uncooked

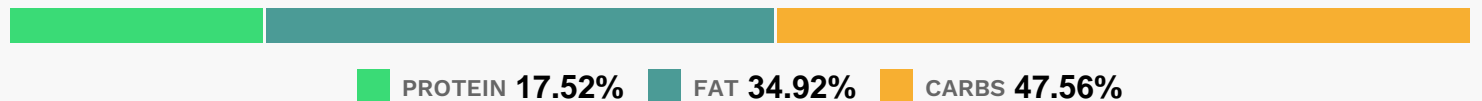
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Cook bacon in large skillet until crisp. Meanwhile, cook pasta in large saucepan as directed on package, omitting salt.
- Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.
- Add onions to skillet; cook 5 to 6 min. or until crisp-tender, stirring occasionally.
- Drain tomatoes, reserving 1/2 cup liquid.
- Add tomatoes, reserved liquid and crushed red pepper to onions; simmer 3 min. or until heated through, stirring occasionally.
- Drain pasta; return to pan.
- Add tomato mixture, bacon and basil; toss to coat.
- Add mozzarella; mix lightly.
- Serve topped with Parmesan.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:17.77, Inflammation Score:-7, Nutrition Score:19.272608694823%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 459.39kcal (22.97%), Fat: 17.93g (27.58%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 54.94g (18.31%), Net Carbohydrates: 50.51g (18.37%), Sugar: 7.88g (8.76%), Cholesterol: 42.08mg (14.03%), Sodium: 731.16mg (31.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.49%), Selenium: 47.58µg (67.97%), Manganese: 0.77mg (38.32%), Phosphorus: 326.67mg (32.67%), Calcium: 285.42mg (28.54%), Vitamin C: 21.69mg (26.29%), Vitamin B6: 0.42mg (21.14%), Vitamin K: 19.46µg (18.53%), Potassium: 640.62mg (18.3%), Fiber: 4.43g (17.71%), Iron: 3.15mg (17.48%), Copper: 0.34mg (17.2%), Vitamin B3: 3.42mg (17.1%), Magnesium: 67.94mg (16.99%), Zinc: 2.51mg (16.74%), Vitamin B2: 0.28mg (16.27%), Vitamin B1: 0.23mg (15.22%), Vitamin B12: 0.83µg (13.88%), Vitamin A: 687.82IU (13.76%), Vitamin E: 1.72mg (11.45%), Folate: 36.28µg (9.07%), Vitamin B5: 0.71mg (7.1%), Vitamin D: 0.23µg (1.54%)