



(Web Exclusive) Round 2 : Edamame with Pasta

READY IN



15 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon diced
- ☐ 0.5 pound bow tie pasta
- ☐ 2 tablespoons canola oil
- ☐ 10 ounce edamame frozen shelled thawed
- ☐ 2 teaspoons garlic chopped
- ☐ 1 medium onion diced
- ☐ 2 tablespoons parmesan grated
- ☐ 4 servings salt and pepper black freshly ground

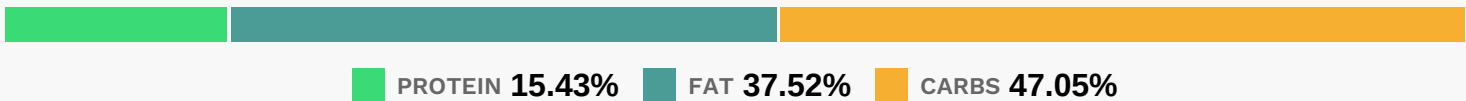
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook pasta according to box instructions.
- ☐ While pasta is cooking saute bacon in a medium skillet over medium-low heat until bacon is brown and crispy.
- ☐ Pour off half the excess bacon fat from the pan.
- ☐ Add the leftover edamameand saute for 2 minutes.
- ☐ Add cooked pasta, season with salt and pepper and stir so that the pasta is thoroughly coated with the bacon fat.
- ☐ Transfer to serving bowl and top with Parmesan cheese, if desired.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onions and garlic, season with salt and pepper, to taste and saute for 2 minutes.
- ☐ Add edamame and saute for 4 minutes until edamame are heated through and onions are tender.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:17.76, Inflammation Score:-3, Nutrition Score:11.138695623564%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 19.64g (30.21%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 55.4g (18.47%), Net Carbohydrates: 50.19g (18.25%), Sugar: 4.63g (5.14%), Cholesterol: 16.22mg (5.41%), Sodium: 190.47mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Selenium: 41.17µg (58.82%), Manganese: 0.6mg (29.81%), Fiber: 5.21g (20.84%), Phosphorus: 166.62mg (16.66%), Iron: 2.85mg (15.86%), Potassium: 539.68mg (15.42%), Calcium: 110.51mg (11.05%), Vitamin B6: 0.19mg (9.66%), Copper: 0.19mg (9.52%), Vitamin B3: 1.9mg (9.5%), Vitamin E: 1.4mg (9.3%), Magnesium: 37.09mg (9.27%), Vitamin B1: 0.13mg (8.57%), Zinc: 1.19mg (7.95%), Vitamin K: 5.39µg (5.13%), Vitamin B5: 0.42mg (4.22%), Vitamin B2: 0.07mg (4.08%), Folate: 15.67µg (3.92%), Vitamin C: 2.5mg (3.03%), Vitamin B12: 0.14µg (2.33%)