



Whole-Wheat Spaghetti with Bacon, Shrimp, and Watercress

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 1 pound shrimp
- ☐ 1 slice bacon thick-cut
- ☐ 1 bunch watercress chopped
- ☐ 8 ounces pasta like spaghetti whole-wheat

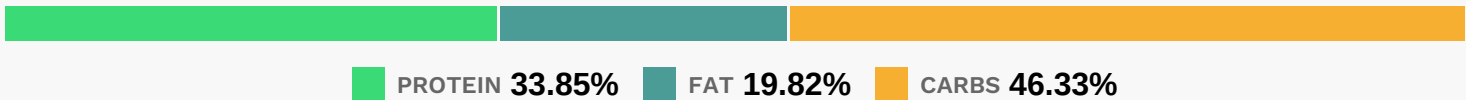
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the pasta according to the label until al dente. Reserve 3 TBSP cooking liquid; drain.
- ☐ Cook bacon in a large skillet over medium heat until crisp. Cool on paper towels, crumble, and reserve.
- ☐ Add oil and onion to skillet. Cook until soft (5–7 minutes).
- ☐ Add shrimp. Raise heat to medium–high; cook until opaque (5–6 minutes). Toss in watercress, pasta with water, bacon, pepper, and red pepper.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:18.487391315725%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 370.8kcal (18.54%), Fat: 8.48g (13.05%), Saturated Fat: 1.95g (12.22%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 44.19g (16.07%), Sugar: 0.76g (0.84%), Cholesterol: 188.51mg (62.84%), Sodium: 202.47mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.2%), Manganese: 1.86mg (92.81%), Selenium: 43.36µg (61.94%), Phosphorus: 411.33mg (41.13%), Copper: 0.72mg (36.06%), Magnesium: 125.55mg (31.39%), Vitamin B1: 0.32mg (21.04%), Zinc: 3.01mg (20.07%), Vitamin K: 18.42µg (17.54%), Vitamin B3: 3.31mg (16.54%), Iron: 2.79mg (15.5%), Potassium: 490.29mg (14.01%), Calcium: 108.93mg (10.89%), Folate: 36.27µg (9.07%), Vitamin B6: 0.18mg (9.03%), Vitamin B5: 0.65mg (6.54%), Vitamin B2: 0.1mg (5.96%), Vitamin C: 3.98mg (4.83%), Vitamin A: 205.17IU (4.1%), Vitamin E: 0.61mg (4.08%), Fiber: 0.42g (1.69%)