



Zucchini, Corn, and Basil Fusilli with Bacon

READY IN



20 min.

SERVINGS



6

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 5 ounce basil pesto
- ☐ 3 ears corn
- ☐ 1 pound rotini pasta
- ☐ 6 servings parmesan grated
- ☐ 1.5 pounds zucchini coarsely chopped ()

Equipment

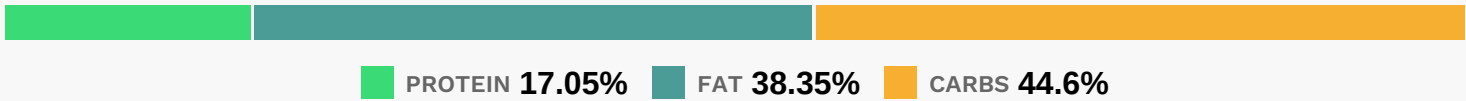
- ☐ frying pan

- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook bacon in a 12-inch heavy skillet over medium heat, turning occasionally, until crisp.
- ☐ Drain on paper towels; discard drippings from skillet.
- ☐ Meanwhile, cook fusilli in a pasta pot of boiling salted water (3 tablespoons salt for 6 quart water) until al dente. Reserve 1/2 cup pasta-cooking water, then add vegetables to pasta in pot and cook, partially covered, 2 minutes (water will stop boiling).
- ☐ Drain.
- ☐ Add pasta with vegetables to skillet along with pesto and 1/4 cup reserved cooking water and toss. Season with salt and moisten with additional cooking water if necessary.
- ☐ Top with crumbled bacon and a generous amount of freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:23.31, Inflammation Score:-8, Nutrition Score:21.619999890742%

Flavonoids

Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 639.22kcal (31.96%), Fat: 27.33g (42.05%), Saturated Fat: 9.81g (61.32%), Carbohydrates: 71.53g (23.84%), Net Carbohydrates: 66.7g (24.25%), Sugar: 8.67g (9.63%), Cholesterol: 36.81mg (12.27%), Sodium: 867.49mg (37.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.67%), Selenium: 59.45µg (84.92%), Manganese: 0.98mg (48.79%), Phosphorus: 465.9mg (46.59%), Calcium: 429.26mg (42.93%), Vitamin C: 23.36mg (28.31%), Magnesium: 92.97mg (23.24%), Vitamin B6: 0.42mg (20.99%), Vitamin A: 1029.66IU (20.59%), Fiber: 4.83g (19.32%), Potassium: 657.21mg (18.78%), Zinc: 2.72mg (18.14%), Vitamin B3: 3.56mg (17.8%), Vitamin B1: 0.26mg (17.42%), Vitamin B2: 0.29mg (17.3%), Copper: 0.32mg (16.09%), Folate: 61.82µg (15.46%), Iron: 2.11mg (11.72%), Vitamin B5: 1.14mg (11.38%), Vitamin B12: 0.47µg (7.83%), Vitamin K: 5.6µg (5.33%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.24µg (1.59%)