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Bacon and Swiss Chard Pasta ♦♦

Bacon and Swiss Chard Pasta is a delicious and hearty dish that combines the smoky flavor of bacon with the earthy taste of Swiss chard. It is a perfect comfort food for any time of the year. The pasta is cooked al dente and tossed with crispy bacon, sautéed Swiss chard, garlic, and Parmesan cheese. It is a simple and flavorful dish that can be enjoyed as a main course or as a side dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

300 g	Pasta
150 g	bacon
200 g	Swiss Chard
2 cloves	garlic

50 g	Parmesan Cheese
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Boiling

Cook the pasta according to the package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Frying

In a large skillet, cook the bacon over medium heat until crispy. Remove the bacon from the skillet and drain on paper towels. Crumble the bacon into small pieces and set aside.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

In the same skillet, heat olive oil over medium heat. Add the garlic and sauté until fragrant, about 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Sautéing

Add the Swiss chard to the skillet and sauté until wilted, about 3-4 minutes. Season with salt and black pepper to taste.

Prep Time: 3 mins

Cook Time: 4 mins

Step 5

Sautéing

Add the cooked pasta to the skillet and toss to combine. Cook for an additional 2-3 minutes, until heated through.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Remove the skillet from heat and sprinkle the crumbled bacon and grated Parmesan cheese over the pasta. Toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Bacon and Swiss Chard Pasta hot. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 315 kcal

Fat: 12 g

Protein: 15 g

Carbohydrates: 36 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	36 g	65.45%	72%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	45 iu	5%	6.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	750 mg	32.61%	32.61%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Breads

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Medium

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