



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Bacon Corn Pasta

Bacon Corn Pasta is a delicious and savory pasta dish that combines the smoky flavor of bacon with the sweetness of corn. It is a hearty and satisfying meal that can be enjoyed for lunch or dinner. The pasta is cooked until al dente and then tossed with crispy bacon, sautéed corn, and a creamy sauce. The dish is finished with a sprinkle of Parmesan cheese and fresh herbs for added flavor. This recipe is perfect for bacon lovers and is sure to become a family favorite.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Pasta
200 g	bacon
200 g	corn

200 ml	cream
50 g	parmesan cheese
10 g	Fresh herbs

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

In a large skillet, cook the bacon until crispy. Remove from skillet and set aside.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

In the same skillet, sauté the corn until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Stove

Add the cooked pasta, bacon, and cream to the skillet. Cook for an additional 2 minutes, until heated through.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Plating

Serve the pasta topped with Parmesan cheese and fresh herbs.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com