



Asparagus and Chicken Carbonara

READY IN



45 min.

SERVINGS



5

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups asparagus (1-inch) ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken breast meat boneless skinless chopped
- ☐ 4 bacon crumbled cooked
- ☐ 0.3 cup vermouth dry
- ☐ 0.5 cup egg substitute
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt
- ☐ 8 ounces pasta like spaghetti uncooked

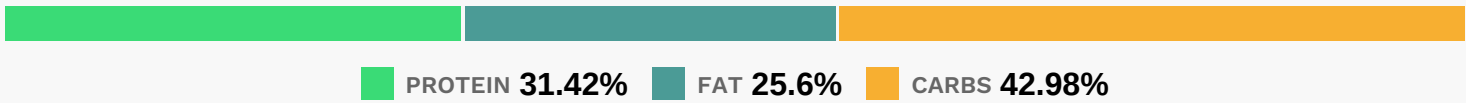
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Cook pasta in boiling water 10 minutes or until al dente; add asparagus during final 2 minutes of cooking.
- ☐ Drain pasta mixture in a colander over a bowl, reserving 1/3 cup cooking liquid.
- ☐ Combine reserved cooking liquid, egg substitute, and milk, stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil and onion to pan; saut 2 minutes.
- ☐ Add vermouth; cook 1 minute.
- ☐ Add pasta mixture; stir to combine.
- ☐ Remove from heat; stir in milk mixture, chicken, and cheese.
- ☐ Place pan over medium heat, and cook 4 minutes or until slightly thick, stirring frequently.
- ☐ Remove from heat; stir in parsley, salt, pepper, and bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.4, Glycemic Load:14.4, Inflammation Score:-7, Nutrition Score:23.347826200983%

Flavonoids

Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg, Isorhamnetin: 3.86mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 398.86kcal (19.94%), Fat: 11.03g (16.96%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 38.68g (14.06%), Sugar: 6.02g (6.69%), Cholesterol: 59.76mg (19.92%), Sodium: 787.93mg (34.26%), Alcohol: 1.14g (100%), Alcohol %: 0.56% (100%), Protein: 30.45g (60.9%), Selenium: 65.48µg (93.54%), Vitamin K: 63.57µg (60.54%), Vitamin B3: 8.39mg (41.95%), Phosphorus: 417.92mg (41.79%), Vitamin B6: 0.67mg (33.68%), Manganese: 0.57mg (28.36%), Calcium: 251.76mg (25.18%), Vitamin B2: 0.39mg (23.21%), Vitamin B5: 1.91mg (19.11%), Potassium: 640.67mg (18.3%), Magnesium: 66.92mg (16.73%), Vitamin A: 831.97IU (16.64%), Vitamin B1: 0.25mg (16.43%), Iron: 2.85mg (15.83%), Zinc: 2.27mg (15.13%), Copper: 0.28mg (14.05%), Folate: 51.81µg (12.95%), Fiber: 2.98g (11.92%), Vitamin C: 8.7mg (10.54%), Vitamin E: 1.5mg (9.98%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 0.55µg (3.68%)