



Awesome Easy Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



1011 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 slices bacon
- 2 cups chicken broth
- 2 cups roasted chicken cooked chopped
- 2 cups cup heavy whipping cream
- 1 cup parmesan cheese freshly grated
- 8 ounces soup noodles
- 1 cup peas frozen english thawed

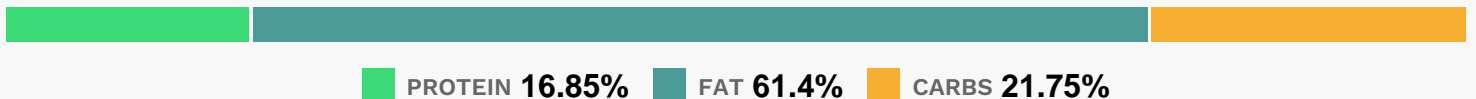
Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Bring chicken broth and cream to a boil in a heavy saucepan over high heat. Reduce heat to medium-low and simmer until reduced by half, about 30 minutes.
- Bring a large pot of lightly salted water to a boil.
- Add linguine and cook 8 to 10 minutes or until al dente; drain and set aside in a large serving bowl.
- Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Once the cream has reduced, stir in crumbled bacon, chicken, peas, and Parmesan cheese; cook for a few minutes until hot.
- Pour sauce over pasta to serve.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:18.42, Inflammation Score:-9, Nutrition Score:26.624347769696%

Nutrients (% of daily need)

Calories: 1011.13kcal (50.56%), Fat: 68.95g (106.07%), Saturated Fat: 37.1g (231.86%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 51.1g (18.58%), Sugar: 7.57g (8.41%), Cholesterol: 232.85mg (77.62%), Sodium: 1181.73mg (51.38%), Alcohol: 0g (100%), Protein: 42.56g (85.12%), Selenium: 73.13µg (104.47%), Phosphorus: 560.45mg (56.05%), Vitamin A: 2286.12IU (45.72%), Vitamin B3: 8.92mg (44.59%), Manganese: 0.76mg (38.03%), Vitamin B2: 0.59mg (34.75%), Calcium: 335.26mg (33.53%), Vitamin B6: 0.58mg (28.92%), Zinc: 4.15mg (27.68%), Vitamin B1: 0.34mg (22.48%), Magnesium: 78.93mg (19.73%), Vitamin C: 15.21mg (18.44%), Potassium: 620.73mg (17.74%), Copper: 0.32mg (16.11%), Fiber: 3.88g (15.52%), Vitamin B5: 1.54mg (15.41%), Vitamin B12: 0.92µg (15.32%), Vitamin D: 2.16µg (14.41%), Iron: 2.57mg (14.26%), Vitamin K: 13.28µg (12.65%), Folate: 43.53µg (10.88%), Vitamin E:

1.52mg (10.14%)