



Bacon & Eggs Spaghetti

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 slices bacon diced thick
- 12 ounces spaghetti cooked drained
- 4 eggs
- 2 onion chopped
- 4 ounces processed cheese food cubed (eg. Velveeta)

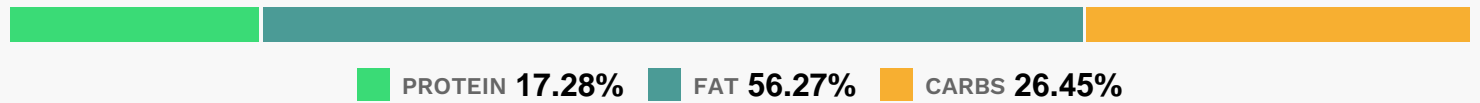
Equipment

- frying pan
- paper towels

Directions

- In a large skillet, cook the bacon and remove to a paper towel-lined plate.
- Add the onion to the bacon drippings and cook until clear (about 5 minutes).
- Add the spaghetti and the bacon to the onions and toss until well mixed.
- Add the eggs and the cheese and stir until the cheese is melted.
- Serve while warm.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:8.94, Inflammation Score:-4, Nutrition Score:10.411739118721%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 338.64kcal (16.93%), Fat: 21g (32.31%), Saturated Fat: 8.35g (52.16%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 20.56g (7.48%), Sugar: 2.41g (2.68%), Cholesterol: 147.38mg (49.13%), Sodium: 553.69mg (24.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.03%), Selenium: 33.87µg (48.39%), Phosphorus: 264.99mg (26.5%), Calcium: 227.8mg (22.78%), Vitamin B2: 0.22mg (13.13%), Manganese: 0.25mg (12.45%), Vitamin B12: 0.69µg (11.52%), Vitamin B6: 0.21mg (10.49%), Zinc: 1.55mg (10.31%), Iron: 1.56mg (8.64%), Vitamin B1: 0.12mg (8.25%), Vitamin B5: 0.8mg (7.97%), Vitamin B3: 1.49mg (7.43%), Vitamin A: 348.59IU (6.97%), Fiber: 1.64g (6.58%), Folate: 26.23µg (6.56%), Magnesium: 25.83mg (6.46%), Potassium: 201.99mg (5.77%), Copper: 0.11mg (5.66%), Vitamin D: 0.82µg (5.45%), Vitamin E: 0.63mg (4.18%), Vitamin C: 2.71mg (3.29%)