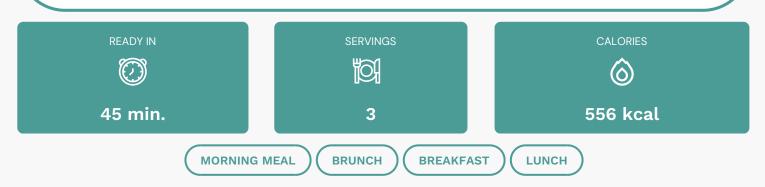


# Baked Eggs and Bacon Cream In Spinach Fettuccine Nests

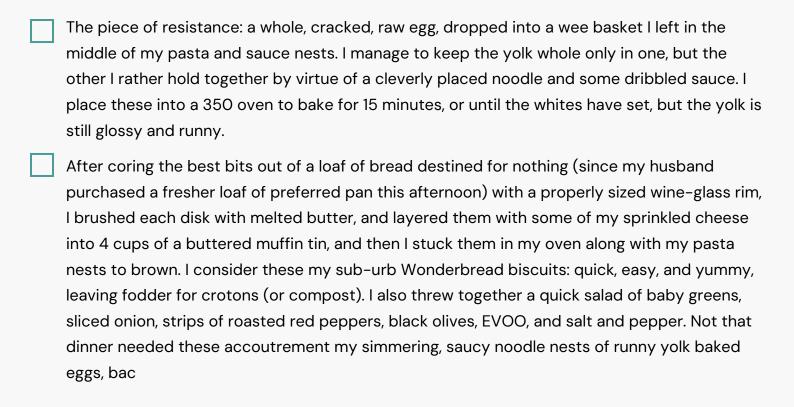


# Ingredients

3 slices bacon

0.5 stick butter
0.3 pound parmesan
0.5 cup cup heavy whipping cream
2 eggs fresh
2 large nests of spinach fettuccine
3 servings salt and pepper
3 servings spring onion (for garnish)

Equipment		
	oven	
	ramekin	
	wok	
	muffin tray	
	tongs	
Directions		
	I begin with my bacon (Ive never had bacon this fresh before, from an entirely organic source so close to home that my husband is literally feeding next seasons pork belly), which I chop and try out to nice crispy cubelets. Now the rest of the meal will take less than 25 minutes: 10 minutes to boil the pasta, make the sauce, and assemble the dish (and, if youre like me, some sub-urb biscuits), and 15 minutes to bake it (while you make a quick salad). So be ready.	
	I melt my butter in my wok over high heat. I throw my pasta nests into the salted boiling water on the back burner.	
	When my butter is melted and just begging to tan, I add my heavy cream and blend well. I bring this to a simmer for a moment.	
	Then I add 3/4 of my cheese, which Ive shredded. (The rest I will thinly shave for a final garnish.)	
	I blend this well, bringing it to a low simmer to thicken, until it forms a smooth sauce. I also add some salt and pepper. (Crushed red pepper flakes, nutmeg, paprika, maybe even a dash of curry powder would work nicely here, too.)	
	Finally, I add 3/4 of my cooked bacon, and blend well with the sauce, until the flavors are beautifully infused.	
	Its been 10 minutes, and my 11 minute pasta is just slightly undercooked (I know, cuz I bit off a snippet) perfect! Using tongs and a meshed spoon, I transfer my pasta to the waiting bacon cream, and toss well. I add a tablespoon, maybe, of the pasta water, too, just to keep the sauce wet enough to bake later.	
	Using my tongs, I spin 1/2 of the pasta and sauce into each of two medium (10oz) ceramic ramekins, which Ive brushed down with melted butter. I sprinkle most of the rest of my bacon (reserving a few chunks for a final flourish) on top.	



## **Nutrition Facts**

protein 15.36% 📕 fat 81.95% 📒 carbs 2.69%

#### **Properties**

Glycemic Index:51, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:12.87347826087%

#### **Flavonoids**

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

#### **Taste**

Sweetness: 12.29%, Saltiness: 83.94%, Sourness: 6.66%, Bitterness: 7.08%, Savoriness: 32.85%, Fattiness: 100%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 556.24kcal (27.81%), Fat: 50.92g (78.34%), Saturated Fat: 28.86g (180.37%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.73g (1.93%), Cholesterol: 235.22mg (78.41%), Sodium: 1119.54mg (48.68%), Protein: 21.48g (42.95%), Calcium: 500.44mg (50.04%), Phosphorus: 383.44mg (38.34%), Selenium: 23.87µg (34.1%), Vitamin A: 1575.73IU (31.51%), Vitamin B2: 0.36mg (21.4%), Vitamin B12: 0.92µg (15.37%), Vitamin K: 15.74µg (14.99%), Zinc: 1.83mg (12.18%), Vitamin D: 1.5µg (10%), Vitamin E: 1.32mg (8.82%), Vitamin B5: 0.88mg (8.75%), Vitamin B6: 0.16mg (8.12%), Magnesium: 27.54mg (6.88%), Vitamin B1: 0.1mg (6.7%), Iron: 1.06mg (5.89%), Folate: 22.62µg (5.65%), Vitamin B3: 1.09mg (5.44%), Potassium: 179.25mg (5.12%), Copper: 0.05mg (2.7%), Manganese: 0.03mg (1.72%), Vitamin C: 1.37mg (1.66%)