



## Brussels Sprouts Carbonara

READY IN



20 min.

SERVINGS



2

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 oz pasta whole uncooked
- 10 oz brussels sprouts frozen
- 2 tablespoons skim milk fat-free (skim)
- 2 tablespoons parmesan cheese grated
- 2 slices bacon crumbled cooked

### Equipment

- sauce pan

## Directions

- In 3-quart saucepan, cook pasta as directed on package.
- Drain; return to saucepan.
- Cook Brussels sprouts as directed on box; pour over drained pasta in saucepan. Stir in milk; cook over medium heat until hot.
- Remove from heat; stir in cheese and bacon.
- Serve immediately.

## Nutrition Facts

**PROTEIN 20.64%** **FAT 16.33%** **CARBS 63.03%**

## Properties

Glycemic Index:53.63, Glycemic Load:15.34, Inflammation Score:-9, Nutrition Score:24.728260993958%

## Flavonoids

Naringenin: 4.66mg, Naringenin: 4.66mg, Naringenin: 4.66mg, Naringenin: 4.66mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## Nutrients (% of daily need)

Calories: 282.31kcal (14.12%), Fat: 5.29g (8.13%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 39.18g (14.25%), Sugar: 5.01g (5.57%), Cholesterol: 12.72mg (4.24%), Sodium: 266.04mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.09%), Vitamin K: 251.02µg (239.07%), Vitamin C: 120.49mg (146.04%), Selenium: 35.25µg (50.36%), Manganese: 0.87mg (43.7%), Fiber: 6.75g (26.99%), Phosphorus: 256.97mg (25.7%), Folate: 94.72µg (23.68%), Vitamin A: 1145.59IU (22.91%), Vitamin B6: 0.43mg (21.32%), Potassium: 720.4mg (20.58%), Vitamin B1: 0.29mg (19.32%), Magnesium: 61.17mg (15.29%), Iron: 2.64mg (14.64%), Calcium: 133.34mg (13.33%), Vitamin B3: 2.64mg (13.2%), Vitamin B2: 0.21mg (12.27%), Copper: 0.23mg (11.64%), Zinc: 1.72mg (11.49%), Vitamin E: 1.35mg (9.02%), Vitamin B5: 0.78mg (7.8%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.22µg (1.48%)