



Chicken Carbonara Deluxe

READY IN



30 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 ounces pasta like spaghetti
- 8 slices bacon cut into 1/2-inch pieces
- 0.5 cup onion chopped
- 1 garlic clove finely chopped
- 2 cups roasted chicken cooked
- 0.5 cup parmesan cheese grated
- 0.5 cup whipping cream (heavy)

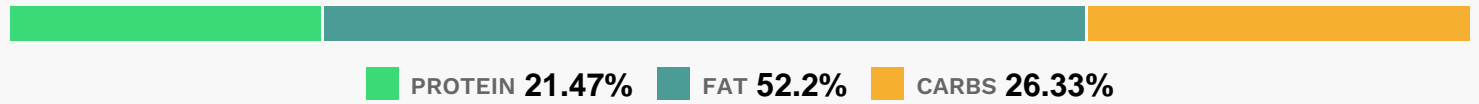
Equipment

- sauce pan
- slotted spoon

Directions

- Cook and drain spaghetti as directed on package.
- While spaghetti is cooking, cook bacon in 3-quart saucepan over low heat 8 to 10 minutes, stirring frequently, until crisp.
- Remove bacon from saucepan with slotted spoon; drain.
- Drain fat from saucepan, reserving 1 tablespoon in saucepan.
- Cook onion and garlic in bacon fat over medium heat about 3 minutes, stirring frequently, until onion is tender. Stir in spaghetti, chicken, cheese and whipping cream. Cook, stirring occasionally, until heated through. Toss with bacon.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:15.37, Inflammation Score:-6, Nutrition Score:17.247825912807%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 647.33kcal (32.37%), Fat: 37.12g (57.1%), Saturated Fat: 16.04g (100.27%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 40.18g (14.61%), Sugar: 3.06g (3.4%), Cholesterol: 126.03mg (42.01%), Sodium: 574.47mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.68%), Selenium: 62.89µg (89.85%), Vitamin B3: 8.19mg (40.94%), Phosphorus: 394.98mg (39.5%), Vitamin B6: 0.53mg (26.42%), Manganese: 0.52mg (26.05%), Zinc: 2.94mg (19.59%), Vitamin B2: 0.27mg (16.09%), Calcium: 157.11mg (15.71%), Vitamin B1: 0.23mg (15.3%), Magnesium: 54.92mg (13.73%), Vitamin B5: 1.28mg (12.84%), Potassium: 441.52mg (12.61%), Vitamin A: 590.9IU (11.82%), Copper: 0.22mg (11%), Vitamin B12: 0.64µg (10.66%), Iron: 1.81mg (10.07%), Fiber: 1.94g (7.77%), Vitamin D: 0.71µg (4.76%), Folate: 18.19µg (4.55%), Vitamin E: 0.59mg (3.91%), Vitamin C: 1.89mg (2.29%), Vitamin K: 1.31µg (1.24%)