



## Classico® Spaghetti Carbonara

READY IN



30 min.

SERVINGS



8

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce creamy alfredo pasta sauce light classico®
- 0.5 cup cooking wine dry white
- 4 eggs beaten
- 0.3 cup flat-leaf parsley fresh chopped
- 2 teaspoons garlic minced
- 0.5 pound pancetta thinly sliced
- 0.5 cup parmesan cheese freshly grated
- 2 large shallots chopped
- 16 ounce spaghetti pasta

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot
- stove
- tongs

## Directions

- Cook pasta al dente according to package instructions and drain, reserving about 1/4 cup of pasta water. Return pasta to pot and cover to keep warm. In a medium bowl, whisk together Pasta Sauce and eggs, and set aside.
- Meanwhile, in a large skillet over medium heat, brown pancetta for 3 to 4 minutes, or until crisp, turning occasionally.
- Place pancetta on paper towels and coarsely crumble or chop, reserving drippings.
- In the same skillet with reserved drippings over medium high heat, cook shallots and garlic for 2 to 3 minutes, stirring occasionally. Stir in wine and cook for another minute.
- Remove skillet from heat.
- Return pasta pot to stovetop over low heat.
- Add shallot mixture to warm pasta and lightly toss with tongs. Slowly add Pasta Sauce mixture, a little at a time, tossing pasta frequently to prevent eggs from scrambling. Cook for 4 to 6 minutes, or until sauce is cooked through and thickened.
- Add reserved hot pasta water if needed to thin sauce to desired consistency.
- Add cheese, parsley and pancetta crumbles, and cook for another minute, stirring frequently. Season with salt and pepper to taste if desired.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 14.6% ■ FAT 46.18% ■ CARBS 39.22%

## Properties

Glycemic Index:18.63, Glycemic Load:17.42, Inflammation Score:-4, Nutrition Score:13.215217434842%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 500.62kcal (25.03%), Fat: 24.69g (37.99%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 45.1g (16.4%), Sugar: 3.11g (3.45%), Cholesterol: 140.86mg (46.95%), Sodium: 691.63mg (30.07%), Alcohol: 1.54g (100%), Alcohol %: 1.03% (100%), Protein: 17.56g (35.13%), Selenium: 50.67µg (72.39%), Vitamin K: 31.1µg (29.62%), Manganese: 0.59mg (29.29%), Phosphorus: 239.85mg (23.99%), Vitamin B6: 0.24mg (11.92%), Zinc: 1.76mg (11.73%), Vitamin B3: 2.18mg (10.92%), Vitamin B2: 0.19mg (10.9%), Magnesium: 42.22mg (10.55%), Copper: 0.21mg (10.26%), Vitamin B1: 0.15mg (9.82%), Calcium: 88.5mg (8.85%), Iron: 1.51mg (8.39%), Fiber: 2.09g (8.37%), Vitamin B5: 0.8mg (7.96%), Potassium: 269.35mg (7.7%), Vitamin B12: 0.42µg (7.03%), Vitamin A: 341.62IU (6.83%), Folate: 26.07µg (6.52%), Vitamin C: 3.23mg (3.91%), Vitamin D: 0.58µg (3.9%), Vitamin E: 0.46mg (3.1%)