

## Creamy Bacon Fettuccine

READY IN



25 min.

SERVINGS



25

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices oscar mayer bacon cut into 1/2-inch pieces
- 8 oz philadelphia cream cheese spread
- 0.5 lb fettuccine barilla cooked
- 0.5 tsp garlic powder
- 0.5 tsp penzey's southwest seasoning dried italian
- 0.5 cup milk divided
- 1 cup peas frozen
- 0.5 cup onions red chopped

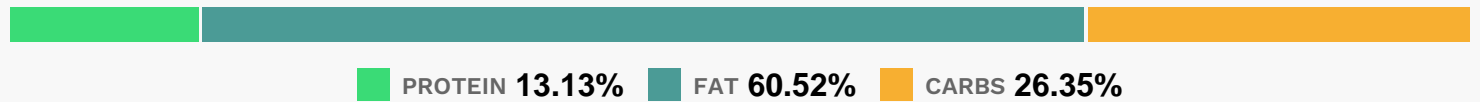
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Mix cream cheese spread, 2 Tbsp. milk and seasonings until blended.
- Cook and stir bacon in large skillet until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.
- Stir onions into reserved drippings; cook and stir 3 min. or until crisp-tender.
- Add cream cheese mixture, peas and remaining milk; cook and stir 3 min. or until heated through.
- Add bacon and pasta; toss to evenly coat.

## Nutrition Facts



## Properties

Glycemic Index:6.77, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.7430434589801%

## Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 66.24kcal (3.31%), Fat: 4.43g (6.82%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.83g (1.39%), Sugar: 1.02g (1.13%), Cholesterol: 12.33mg (4.11%), Sodium: 79.82mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Selenium: 3.46µg (4.94%), Vitamin C: 2.56mg (3.1%), Manganese: 0.06mg (2.98%), Vitamin A: 142.99IU (2.86%), Phosphorus: 26.93mg (2.69%), Vitamin B1: 0.04mg (2.48%), Calcium: 21.05mg (2.11%), Fiber: 0.51g (2.06%), Vitamin B3: 0.38mg (1.9%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.69µg (1.61%), Zinc: 0.22mg (1.48%), Magnesium: 5.5mg (1.38%), Folate: 5.13µg (1.28%), Vitamin B2:

0.02mg (1.27%), Potassium: 41.24mg (1.18%), Copper: 0.02mg (1.16%), Iron: 0.18mg (1.03%), Vitamin B12: 0.06µg (1.02%)