



Creamy Linguini for Two

READY IN



30 min.

SERVINGS



2

CALORIES



980 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 slice bacon thick
- ☐ 0.3 cup butter
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 pound linguine pasta

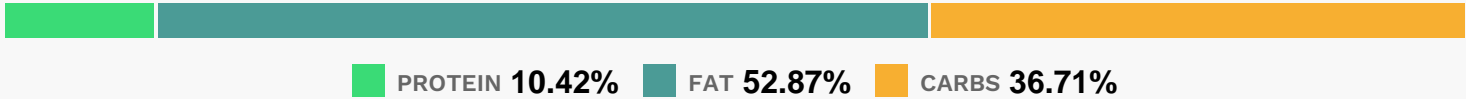
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add pasta and cook for about 7 to 8 minutes or until al dente; drain.
- ☐ Remove from pot, cover and set aside.
- ☐ Meanwhile, in a small skillet cook bacon over medium heat until crispy. Break up into small pieces and set aside.
- ☐ In the pasta pot, melt butter over medium-low heat and add cream; heat thoroughly, but do not allow to boil.
- ☐ Combine cooked pasta with butter/cream mixture.
- ☐ Add Parmesan cheese and bacon; toss well. Allow sauce to thicken for a few minutes; add ground white pepper and nutmeg.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:34.1, Inflammation Score:-8, Nutrition Score:19.676521832528%

Nutrients (% of daily need)

Calories: 980.37kcal (49.02%), Fat: 57.67g (88.72%), Saturated Fat: 33.99g (212.43%), Carbohydrates: 90.09g (30.03%), Net Carbohydrates: 86.28g (31.37%), Sugar: 4.87g (5.41%), Cholesterol: 157.25mg (52.42%), Sodium: 715.71mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.15%), Selenium: 84.72µg (121.02%), Manganese: 1.09mg (54.58%), Phosphorus: 431.39mg (43.14%), Vitamin A: 1804.32IU (36.09%), Calcium: 293.23mg (29.32%), Zinc: 2.99mg (19.94%), Magnesium: 75.81mg (18.95%), Copper: 0.36mg (17.8%), Vitamin B2: 0.29mg (16.79%), Fiber: 3.81g (15.25%), Vitamin B3: 2.44mg (12.22%), Vitamin B6: 0.23mg (11.66%), Potassium: 385.23mg (11.01%), Vitamin B1: 0.15mg (10.23%), Vitamin E: 1.51mg (10.03%), Iron: 1.78mg (9.87%), Vitamin B12: 0.54µg (8.93%), Vitamin B5: 0.81mg (8.14%), Vitamin D: 1.12µg (7.47%), Folate: 25.38µg (6.35%), Vitamin K: 4.43µg (4.22%)