



Fettuccine Alfredo with Bacon

READY IN



20 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices applewood-smoked bacon chopped
- 0.5 teaspoon pepper black freshly ground
- 9 ounce fettuccine barilla fresh refrigerated
- 1 tablespoon flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 teaspoon garlic minced
- 1 cup milk 1% low-fat
- 2.5 ounces parmigiano-reggiano cheese grated
- 0.5 teaspoon salt

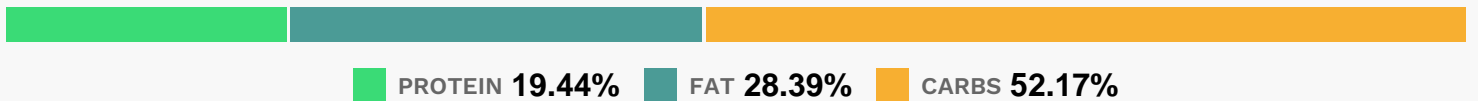
Equipment

- bowl
- frying pan
- colander

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- While pasta cooks, cook bacon in a large nonstick skillet over medium-high heat 4 minutes or until crisp, stirring occasionally.
- Remove bacon from pan, reserving drippings.
- Add garlic to drippings in pan; saut 1 minute, stirring constantly.
- Sprinkle flour over garlic; cook 30 seconds, stirring constantly. Gradually add milk, stirring constantly; cook 2 minutes or until bubbly and slightly thick, stirring constantly. Reduce heat to low. Gradually add cheese, stirring until cheese melts. Stir in salt and reserved 1/4 cup cooking liquid.
- Add hot pasta to pan; toss well to combine.
- Sprinkle with bacon, parsley, and pepper.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:20.39, Inflammation Score:-5, Nutrition Score:16.476521927377%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg 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: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 394.93kcal (19.75%), Fat: 12.38g (19.05%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 48.9g (17.78%), Sugar: 4.3g (4.78%), Cholesterol: 75.84mg (25.28%), Sodium: 685.09mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.15%), Selenium: 58.46µg (83.51%), Phosphorus: 358.03mg (35.8%), Vitamin K: 33.91µg (32.29%), Calcium: 312.69mg (31.27%), Manganese: 0.61mg (30.65%), Zinc: 2.14mg (14.28%), Magnesium: 55.23mg (13.81%), Vitamin B12: 0.81µg (13.54%), Vitamin B1: 0.2mg (13.17%), Vitamin B2: 0.22mg (12.96%), Vitamin B6: 0.23mg (11.56%), Copper: 0.21mg (10.59%), Vitamin B3: 2.04mg (10.21%), Vitamin B5: 0.96mg (9.6%), Vitamin A: 467.55IU (9.35%), Fiber: 2.3g (9.2%), Iron: 1.65mg (9.18%), Potassium: 307.01mg (8.77%), Folate: 27.45µg (6.86%), Vitamin D: 0.97µg (6.49%), Vitamin C: 2.89mg (3.51%), Vitamin E: 0.35mg (2.36%)