



## Fettuccine with Bacon and Eggs

READY IN



40 min.

SERVINGS



4

CALORIES



921 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 pound bacon sliced
- 4 servings pepper black freshly ground
- 1 cup chicken broth canned
- 4 large eggs
- 2 tablespoons chives fresh minced
- 1 tablespoon olive oil extra-virgin
- 1 medium onion finely chopped
- 0.5 cup parmesan cheese shredded finely
- 0.5 teaspoon salt

- 12 ounces nests of spinach fettuccine
- 4 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- pot
- colander

## Directions

- Cook bacon in a large skillet until crisp.
- Drain and set aside.
- Pour all but 1 Tbsp. bacon drippings from pan.
- Add oil and onion and cook over medium heat until softened.
- Remove from heat, add chicken broth, salt and butter.
- Bring a pot of salted water to a boil.
- Add fettuccine.
- Add eggs in their shells to pasta pot and cook until pasta is al dente. Reserve 1 cup pasta cooking water and drain pasta and eggs in a colander together.
- Bring sauce in skillet to a simmer.
- Add pasta and cook, stirring until heated through.
- Transfer pasta to a large bowl, add 1/2 to 1 cup cooking water and 1/4 cup Parmesan cheese and toss well. Peel eggs and chop.
- Sprinkle egg, crumbled bacon and chives on pasta and toss. Season with pepper and toss again.
- Sprinkle remaining 1/4 cup cheese over individual servings.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:26.14, Inflammation Score:-7, Nutrition Score:24.363043639971%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

## Nutrients (% of daily need)

Calories: 921.36kcal (46.07%), Fat: 53.31g (82.02%), Saturated Fat: 21g (131.26%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 61.93g (22.52%), Sugar: 3.09g (3.43%), Cholesterol: 359.09mg (119.7%), Sodium: 1204.94mg (52.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.41g (86.83%), Selenium: 106.3µg (151.86%), Phosphorus: 563.14mg (56.31%), Manganese: 0.81mg (40.25%), Zinc: 4.64mg (30.94%), Vitamin B6: 0.56mg (28.2%), Vitamin B12: 1.66µg (27.69%), Vitamin B3: 5.42mg (27.08%), Vitamin B2: 0.46mg (26.93%), Calcium: 227.5mg (22.75%), Vitamin B1: 0.34mg (22.7%), Magnesium: 81.21mg (20.3%), Iron: 3.61mg (20.05%), Vitamin B5: 1.97mg (19.69%), Vitamin A: 948.3IU (18.97%), Copper: 0.36mg (17.95%), Potassium: 528.07mg (15.09%), Folate: 57.3µg (14.33%), Vitamin E: 2.11mg (14.09%), Fiber: 3.34g (13.35%), Vitamin D: 1.81µg (12.04%), Vitamin K: 8.52µg (8.12%), Vitamin C: 2.91mg (3.52%)