



Fettuccine With Bacon Mushroom and Peas

READY IN



25 min.

SERVINGS



4

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 200 grams bacon
- 4 servings cheese grated
- 1 small can cream of mushroom soup
- 4 servings basil dried
- 10 ounces fettuccine barilla
- 4 servings pepper black
- 1 small can mushrooms sliced
- 1 small can mushrooms sliced
- 4 servings oregano dried

0.7 cup peas green frozen

Equipment

frying pan

paper towels

pot

Directions

Bring a pot of water to boil over high heat, add salt and fettuccine, cook for about 9 minutes. Meanwhile, brown bacon in a pan over medium high heat.

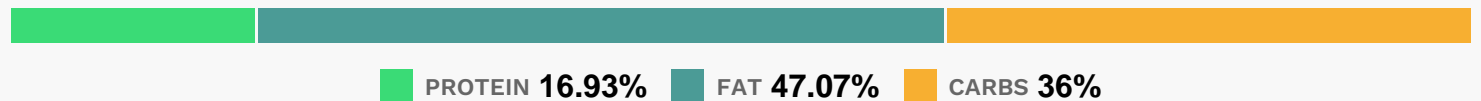
Drain on paper towels and set aside.

Pour the oil out of the pan, saute mushroom for about a minute then pour a can of cream of mushroom, add a can of water. Season with ground black pepper and oregano and/or basil if using, bring to boil; add green peas and a little grated cheese. Taste it first before adding the cheese since the cream of mushroom is already salty.

Add the cooked fettuccine, mix then crumble the bacon and add it to the pasta.

Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:22.36, Inflammation Score:-8, Nutrition Score:23.637391304348%

Nutrients (% of daily need)

Calories: 674.48kcal (33.72%), Fat: 35.21g (54.16%), Saturated Fat: 14.22g (88.84%), Carbohydrates: 60.58g (20.19%), Net Carbohydrates: 55.87g (20.32%), Sugar: 2.87g (3.19%), Cholesterol: 126.35mg (42.12%), Sodium: 1084.96mg (47.17%), Protein: 28.5g (57%), Selenium: 74.95µg (107.07%), Manganese: 1.1mg (55.16%), Phosphorus: 433.23mg (43.32%), Vitamin K: 30.59µg (29.14%), Calcium: 287.33mg (28.73%), Zinc: 4.29mg (28.61%), Vitamin B3: 4.82mg (24.1%), Copper: 0.47mg (23.33%), Vitamin B1: 0.35mg (23.32%), Iron: 3.77mg (20.93%), Vitamin B6: 0.4mg (20.14%), Magnesium: 78.55mg (19.64%), Vitamin B2: 0.33mg (19.63%), Fiber: 4.7g (18.8%), Vitamin B12: 0.9µg (14.93%), Potassium: 491.89mg (14.05%), Folate: 53.47µg (13.37%), Vitamin B5: 1.24mg (12.44%), Vitamin C: 9.71mg (11.77%), Vitamin A: 572.91IU (11.46%), Vitamin E: 1.02mg (6.83%), Vitamin D: 0.59µg (3.96%)