



## Fettuccine with Bacon, Peas, and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.1 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 2 teaspoons butter
- 1 tablespoon thyme leaves fresh chopped
- 0.5 cup green onions chopped
- 0.3 cup half-and-half
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese shredded
- 9 ounce fettuccine pasta fresh

- 0.5 cup peas green frozen
- 0.5 teaspoon salt
- 2 slices center-cut bacon smoked

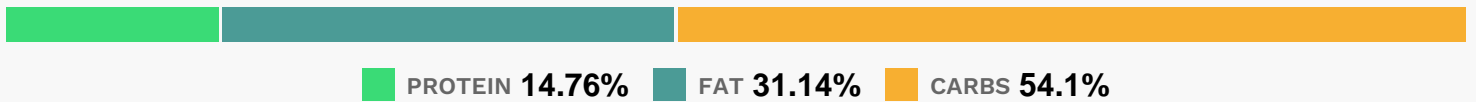
## Equipment

- frying pan

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain pasta, reserving 3/4 cup cooking liquid.
- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving drippings in the pan; crumble.
- Add 1/2 cup chopped onion, bottled minced garlic, and chopped fresh thyme to drippings in pan; saut 2 minutes. Stir in green peas; saut 1 minute.
- Add green onions to pan; saut 1 1/2 minutes.
- Add pasta, reserved cooking liquid, and half-and-half to pan; cook 1 minute or until thoroughly heated, tossing to combine.
- Remove from heat.
- Add butter, salt, and pepper to pan; toss until butter melts.
- Sprinkle with crumbled bacon and Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:82.33, Glycemic Load:20.83, Inflammation Score:-9, Nutrition Score:15.032608527204%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

## Nutrients (% of daily need)

Calories: 412.88kcal (20.64%), Fat: 14.23g (21.89%), Saturated Fat: 6.33g (39.59%), Carbohydrates: 55.62g (18.54%), Net Carbohydrates: 51.57g (18.75%), Sugar: 4.78g (5.31%), Cholesterol: 28.56mg (9.52%), Sodium: 546.48mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Selenium: 46.87µg (66.95%), Manganese: 0.79mg (39.45%), Vitamin K: 31.2µg (29.72%), Phosphorus: 245.39mg (24.54%), Vitamin C: 14.84mg (17.99%), Fiber: 4.05g (16.21%), Calcium: 140.67mg (14.07%), Magnesium: 54.8mg (13.7%), Copper: 0.26mg (13.2%), Vitamin B6: 0.25mg (12.69%), Vitamin B1: 0.19mg (12.39%), Vitamin B3: 2.37mg (11.83%), Zinc: 1.73mg (11.56%), Vitamin A: 536.73IU (10.73%), Iron: 1.81mg (10.08%), Potassium: 340.35mg (9.72%), Vitamin B2: 0.16mg (9.65%), Folate: 37.05µg (9.26%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.21µg (3.46%), Vitamin E: 0.37mg (2.46%)