



Ground Beef and Mushroom Carbonara

READY IN



30 min.

SERVINGS



6

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz pasta like spaghetti uncooked
- 4 slices bacon
- 0.5 lb ground beef 80% lean (at least)
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup onion chopped
- 4 cloves garlic finely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup whipping cream

- 3 eggs beaten
- 1 cup parmesan cheese grated
- 2 tablespoons parsley fresh chopped

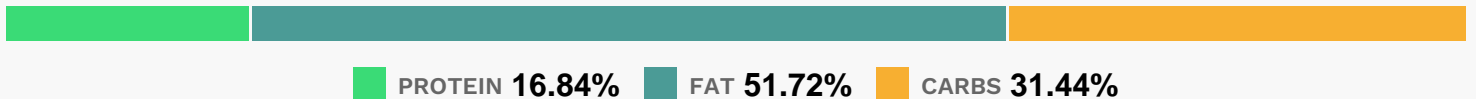
Equipment

- frying pan
- paper towels
- dutch oven

Directions

- In 4-quart Dutch oven, cook and drain spaghetti as directed on package. Rinse spaghetti and return to Dutch oven; cover to keep warm.
- Meanwhile, in 10-inch skillet, cook bacon over medium-high heat 8 to 9 minutes, turning occasionally, until crisp.
- Remove bacon from skillet, leaving drippings in skillet.
- Drain bacon on paper towel. Crumble bacon.
- In same skillet, cook beef, mushrooms, onion, garlic, salt and pepper over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- Pour whipping cream over cooked spaghetti in Dutch oven. Cook over medium-high heat 1 to 2 minutes, stirring constantly, until hot.
- Add beef mixture, bacon and eggs to spaghetti mixture. Reduce heat to medium. Cook 2 to 3 minutes, tossing mixture constantly, until spaghetti is well coated. Stir in cheese.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:17.64, Inflammation Score:-7, Nutrition Score:20.353478203649%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 618.67kcal (30.93%), Fat: 35.47g (54.58%), Saturated Fat: 17.43g (108.93%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 46.12g (16.77%), Sugar: 3.83g (4.25%), Cholesterol: 177.68mg (59.23%), Sodium: 656.49mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.97%), Selenium: 62.07µg (88.67%), Phosphorus: 398.64mg (39.86%), Manganese: 0.62mg (30.96%), Vitamin B2: 0.49mg (28.93%), Zinc: 3.9mg (26%), Vitamin K: 24.42µg (23.26%), Vitamin B3: 4.61mg (23.06%), Vitamin B12: 1.38µg (23.03%), Calcium: 213.89mg (21.39%), Vitamin A: 964.58IU (19.29%), Vitamin B6: 0.38mg (19%), Copper: 0.35mg (17.6%), Vitamin B5: 1.6mg (16.01%), Potassium: 502.74mg (14.36%), Magnesium: 54.87mg (13.72%), Iron: 2.36mg (13.11%), Vitamin B1: 0.17mg (11.19%), Fiber: 2.41g (9.65%), Folate: 35.57µg (8.89%), Vitamin D: 1.33µg (8.87%), Vitamin E: 0.98mg (6.53%), Vitamin C: 3.92mg (4.75%)