



Loaded Chicken Carbonara

READY IN



70 min.

SERVINGS



4

CALORIES



1052 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon chopped
- 3 large eggs
- 3 cloves garlic
- 1 teaspoon ground pepper black
- 4 servings salt and ground pepper black to taste
- 1.5 cups parmesan cheese grated
- 2 cups peas frozen
- 1.5 pounds chicken breast halves boneless skinless
- 1 pound pasta like spaghetti

- 1 gallon water
- 0.5 cup white wine

Equipment

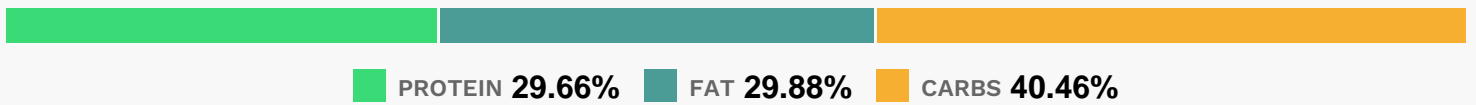
- bowl
- frying pan
- paper towels
- whisk
- pot
- kitchen thermometer
- aluminum foil
- slotted spoon
- colander
- cutting board

Directions

- Cook the bacon in a large skillet over medium heat until crisp, about 10 minutes.
- Remove bacon from skillet with a slotted spoon and drain on a paper towel-lined plate.
- Drain fat from skillet, reserving 2 tablespoons of the bacon drippings.
- Season chicken with salt and pepper.
- Heat 1 tablespoon bacon drippings in the skillet over medium heat. Cook chicken breast halves in the bacon drippings until no longer pink in the center and the juices run clear, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Transfer to cutting board and tent with foil. Rest chicken for 5 minutes before slicing; set aside.
- Heat remaining tablespoon bacon drippings in skillet over medium heat until shimmering. Cook and stir garlic and ground black pepper in skillet until fragrant, about 30 seconds.
- Pour wine into skillet; cook at a simmer until thickened, about 2 minutes.
- Remove from heat.

- Whisk Parmesan cheese and eggs together in a bowl. Slowly stream wine mixture into the Parmesan mixture while whisking continually.
- Bring a large pot of generously salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- Remove 1/2 cup of the water from the pot for later use.
- Put the peas in a large colander.
- Drain the pasta in the colander with the peas. Return drained pasta and peas to the pot. Stir bacon, chicken, and wine mixture into the spaghetti. Thin sauce with reserved pasta water as desired.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:37.24, Inflammation Score:-9, Nutrition Score:42.570000026537%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1051.91kcal (52.6%), Fat: 33.6g (51.7%), Saturated Fat: 12.71g (79.46%), Carbohydrates: 102.37g (34.12%), Net Carbohydrates: 94.4g (34.33%), Sugar: 7.62g (8.46%), Cholesterol: 302.77mg (100.92%), Sodium: 1185.02mg (51.52%), Alcohol: 3.09g (100%), Alcohol %: 0.27% (100%), Protein: 75.04g (150.09%), Selenium: 159.05µg (227.22%), Vitamin B3: 22.62mg (113.12%), Phosphorus: 1019.14mg (101.91%), Vitamin B6: 1.78mg (89.21%), Manganese: 1.56mg (77.89%), Calcium: 442.41mg (44.24%), Magnesium: 163.89mg (40.97%), Zinc: 6.15mg (40.97%), Vitamin B2: 0.67mg (39.37%), Vitamin B5: 3.9mg (39.03%), Vitamin C: 31.74mg (38.48%), Potassium: 1283.52mg (36.67%), Copper: 0.72mg (36.22%), Vitamin B1: 0.53mg (35.11%), Fiber: 7.96g (31.84%), Iron: 4.31mg (23.93%), Folate: 94.68µg (23.67%), Vitamin A: 1148.22IU (22.96%), Vitamin B12: 1.35µg (22.42%), Vitamin K: 20.32µg (19.36%), Vitamin E: 1.28mg (8.51%), Vitamin D: 1.24µg (8.26%)