

Orzo Carbonara

READY IN



45 min.

SERVINGS



8

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces bacon cut into 1/2-inch pieces
- 2 tablespoons butter ()
- 1 teaspoon thyme sprigs fresh chopped
- 5 cups chicken broth canned ()
- 1 pound orzo pasta (rice-shaped)
- 1 cup parmesan cheese grated
- 0.5 cup whipping cream

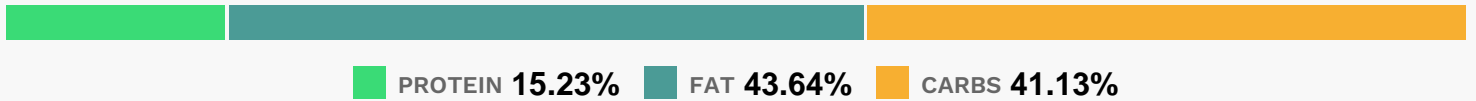
Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Cook bacon in heavy large saucepan over medium heat until crisp, about 8 minutes. Using slotted spoon, transfer bacon to paper towel and drain.
- Pour off all but 1 tablespoon drippings from pan.
- Add butter and cook until butter begins to brown, about 2 minutes; mix in orzo.
- Add 4 1/2 cups broth; simmer uncovered until orzo is just tender but still firm to bite and broth is absorbed, stirring often, about 8 minutes.
- Add cream; bring to simmer.
- Mix in cheese and thyme, then bacon. Season with salt and pepper. Thin with additional broth, if desired.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:17.03, Inflammation Score:-6, Nutrition Score:11.60608716633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 451.16kcal (22.56%), Fat: 21.89g (33.68%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 44.57g (16.21%), Sugar: 2.15g (2.39%), Cholesterol: 49.24mg (16.41%), Sodium: 433.7mg (18.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.39%), Selenium: 44.96µg (64.23%), Phosphorus: 271.01mg (27.1%), Manganese: 0.54mg (26.87%), Vitamin B3: 3.87mg (19.33%), Calcium: 141.04mg (14.1%), Copper: 0.26mg (12.8%), Zinc: 1.78mg (11.88%), Magnesium: 39.96mg (9.99%), Vitamin B2: 0.17mg (9.94%), Potassium: 334.88mg (9.57%), Vitamin A: 434IU (8.68%), Vitamin B6: 0.17mg (8.41%), Vitamin B1: 0.12mg (7.76%), Vitamin B12: 0.45µg (7.54%), Fiber: 1.85g (7.4%), Iron: 1.25mg (6.94%), Vitamin B5: 0.45mg (4.46%), Folate: 11.77µg

(2.94%), Vitamin E: 0.44mg (2.9%), Vitamin D: 0.39 μ g (2.57%)