



Pasta alla Carbonara

READY IN



45 min.

SERVINGS



5

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 0.3 cup egg substitute
- 3 garlic cloves minced
- 8 ounces pasta uncooked
- 0.3 cup milk 1% low-fat
- 1 cup onion chopped (1 small)
- 0.5 cup parmesan cheese divided grated
- 0.5 teaspoon salt

6 slices center-cut bacon

Equipment

bowl

frying pan

Directions

Combine 1/3 cup Parmesan cheese and next 5 ingredients in a bowl; stir well, and set aside.

Cook pasta according to package directions, omitting salt and fat.

While pasta cooks, cook bacon in a large nonstick skillet over medium-high heat until crisp.

Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon, and set aside.

Add onion and garlic to drippings in pan; saut 5 minutes or until tender.

Drain pasta; return to pan.

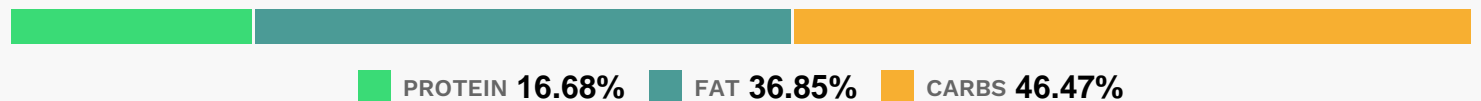
Add egg mixture, bacon, and onion mixture to hot pasta; toss gently to coat.

Place over low heat, and cook 1 minute. Spoon pasta into individual bowls, and sprinkle with remaining Parmesan cheese.

Serve immediately.

Carbonara (kar-boh-NAH-rah) literally translates as the "charcoal maker's wife." Word has it that the charcoal sellers from Abruzzo introduced this dish to the city of Rome.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:14.46, Inflammation Score:-4, Nutrition Score:10.833478362664%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 349.01kcal (17.45%), Fat: 14.17g (21.8%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 38.11g (13.86%), Sugar: 3.62g (4.02%), Cholesterol: 26.91mg (8.97%), Sodium: 618.3mg (26.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.86%), Selenium: 43.2µg (61.72%), Manganese: 0.51mg (25.75%), Phosphorus: 224.48mg (22.45%), Calcium: 139.36mg (13.94%), Vitamin B6: 0.23mg (11.56%), Zinc: 1.65mg (11%), Vitamin B1: 0.16mg (10.56%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.16mg (9.6%), Magnesium: 38.37mg (9.59%), Copper: 0.17mg (8.47%), Fiber: 2.09g (8.37%), Potassium: 279.66mg (7.99%), Vitamin B5: 0.68mg (6.83%), Vitamin B12: 0.4µg (6.73%), Iron: 1.11mg (6.15%), Folate: 17.18µg (4.29%), Vitamin A: 185.1IU (3.7%), Vitamin C: 2.99mg (3.62%), Vitamin D: 0.52µg (3.47%), Vitamin E: 0.46mg (3.04%)