



Pasta alla Carbonara

READY IN



45 min.

SERVINGS



16

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds bacon
- 1 tablespoon butter
- 8 eggs
- 1.5 pounds mushrooms fresh sliced
- 1 cup cup heavy whipping cream
- 0.7 cup parmesan cheese grated
- 0.7 cup parsley chopped
- 2 pounds soup noodles uncooked
- 0.3 teaspoon pepper red crushed

- 1 tablespoon vegetable oil
- 1 pound onion white chopped

Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Heat oil in a large skillet over medium heat.
- Saute onions in oil until tender.
- Drain on paper towels.
- Using the same pan, cook mushrooms in butter over medium heat. Stir in onions and bacon; reduce heat to low, and cook until bacon browns. In a medium bowl, beat together eggs, cream, and cheese; mix into bacon mixture. Cook, stirring, until the sauce begins to thicken.
- Remove from heat.
- Meanwhile, cook pasta in a large pot of boiling water until done.
- Drain. Toss hot noodles with sauce, parsley and red pepper flakes.

Nutrition Facts

 PROTEIN **14.27%**  FAT **52.37%**  CARBS **33.36%**

Properties

Glycemic Index:11.44, Glycemic Load:17.94, Inflammation Score:-6, Nutrition Score:18.684347816136%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 581.84kcal (29.09%), Fat: 33.75g (51.92%), Saturated Fat: 13.07g (81.68%), Carbohydrates: 48.37g (16.12%), Net Carbohydrates: 45.55g (16.57%), Sugar: 4.1g (4.56%), Cholesterol: 141.58mg (47.19%), Sodium: 497.72mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Selenium: 60µg (85.72%), Vitamin K: 43.44µg (41.37%), Phosphorus: 313.96mg (31.4%), Manganese: 0.6mg (29.86%), Vitamin B3: 4.88mg (24.39%), Vitamin B2: 0.4mg (23.79%), Vitamin B1: 0.27mg (18.01%), Vitamin B6: 0.36mg (17.92%), Copper: 0.36mg (17.86%), Vitamin B5: 1.63mg (16.3%), Zinc: 2.27mg (15.11%), Potassium: 482.15mg (13.78%), Vitamin A: 636.78IU (12.74%), Magnesium: 49.97mg (12.49%), Fiber: 2.81g (11.26%), Iron: 1.82mg (10.12%), Vitamin B12: 0.58µg (9.63%), Folate: 37.84µg (9.46%), Calcium: 85.27mg (8.53%), Vitamin C: 6.41mg (7.76%), Vitamin D: 1.01µg (6.74%), Vitamin E: 0.83mg (5.5%)