



Pasta Carbonara

READY IN



25 min.

SERVINGS



25

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese spread ()
- 1 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 0.3 tsp ground pepper black
- 0.3 tsp penzey's southwest seasoning dried italian
- 1 Tbsp milk
- 0.5 cup parmesan cheese shredded divided kraft
- 0.5 lb pasta like spaghetti uncooked
- 4 slices oscar mayer center cut bacon cut into 1/2-inch pieces

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Cook spaghetti as directed on package, omitting salt.
- Combine cream cheese spread, milk and Italian seasoning until blended.
- Meanwhile, cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings from skillet.
- Add garlic to drippings; cook 1 min. or until fragrant.
- Add bacon, pepper and cream cheese mixture; cook and stir 2 to 3 min. or until heated through.
- Drain spaghetti, reserving 1/2 cup of the cooking water. Gradually add reserved water to sauce.
- Add spaghetti; toss to evenly coat.
- Add 1/2 cup Parmesan; mix lightly.
- Transfer to serving bowl; sprinkle with remaining Parmesan and parsley.

Nutrition Facts



Properties

Glycemic Index:8.24, Glycemic Load:2.78, Inflammation Score:-1, Nutrition Score:1.9321739246016%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.64kcal (3.88%), Fat: 3.95g (6.07%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 7.02g (2.55%), Sugar: 0.43g (0.48%), Cholesterol: 8.05mg (2.68%), Sodium: 92.12mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Selenium: 7.39µg (10.56%), Manganese: 0.09mg (4.6%), Phosphorus: 40.44mg (4.04%), Calcium: 33.07mg (3.31%), Vitamin K: 2.69µg (2.56%), Vitamin B3: 0.4mg (1.98%), Vitamin B1: 0.03mg (1.72%), Zinc: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.69%), Magnesium: 6.67mg (1.67%), Copper: 0.03mg (1.53%), Vitamin A: 75.06IU (1.5%), Fiber: 0.31g (1.25%), Vitamin B2: 0.02mg (1.07%), Potassium: 36.67mg (1.05%)