



## Pasta Carbonara Florentine

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

### Ingredients

- 6 ounce baby spinach
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons wine dry white
- 1 large eggs
- 1 large egg whites
- 3 tablespoons parsley fresh chopped
- 1 cup onion finely chopped
- 2 ounces parmesan fresh grated
- 0.5 teaspoon salt
- 8 ounces pasta like spaghetti gluten-free uncooked

6 slices bacon chopped

## Equipment

frying pan

whisk

## Directions

Heat a large nonstick skillet over medium heat.

Add bacon to pan; cook 5 minutes or until crisp, stirring frequently.

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

Add onion to drippings in pan; cook 3 minutes or until tender, stirring frequently.

Add wine; cook 1 minute or until liquid is reduced by half.

Add spinach; cook 1 minute or until spinach wilts, stirring constantly.

Remove from heat; keep warm.

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

Drain well, reserving 1 tablespoon pasta water. Immediately add pasta and reserved pasta water to spinach mixture in pan.

Add reserved bacon; stir well to combine.

Place pan over low heat.

Combine cheese and next 4 ingredients, stirring with a whisk.

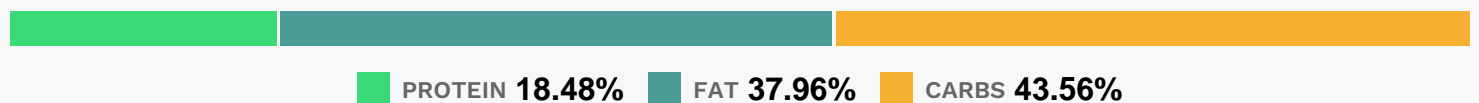
Add to pasta mixture, tossing well to coat. Cook 1 minute.

Remove from heat.

Sprinkle with parsley.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:51.75, Glycemic Load:18.25, Inflammation Score:-10, Nutrition Score:26.20478256889%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

## Nutrients (% of daily need)

Calories: 459.33kcal (22.97%), Fat: 19.06g (29.32%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 45.6g (16.58%), Sugar: 3.71g (4.12%), Cholesterol: 77.92mg (25.97%), Sodium: 808.37mg (35.15%), Alcohol: 0.77g (100%), Alcohol %: 0.45% (100%), Protein: 20.88g (41.75%), Vitamin K: 255.53µg (243.36%), Vitamin A: 4432.8IU (88.66%), Selenium: 51.79µg (73.99%), Manganese: 1.01mg (50.5%), Phosphorus: 314.96mg (31.5%), Folate: 112.18µg (28.04%), Calcium: 246.37mg (24.64%), Vitamin C: 18.9mg (22.91%), Magnesium: 82.93mg (20.73%), Vitamin B2: 0.3mg (17.46%), Vitamin B6: 0.34mg (17.05%), Potassium: 556.53mg (15.9%), Iron: 2.68mg (14.91%), Fiber: 3.59g (14.37%), Zinc: 2.08mg (13.87%), Vitamin B1: 0.21mg (13.85%), Vitamin B3: 2.75mg (13.76%), Copper: 0.27mg (13.62%), Vitamin E: 1.26mg (8.42%), Vitamin B5: 0.79mg (7.95%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.45µg (3.02%)