



Pasta Carbonara Florentine

READY IN



45 min.

SERVINGS



4

CALORIES



547 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 divided
- ☐ 8 ounces pasta like spaghetti uncooked

☐ 6 slices bacon chopped

Equipment

☐ bowl

☐ frying pan

☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add 1/4 teaspoon salt and spinach; cook 1 minute or until spinach wilts, stirring constantly.
- ☐ Remove spinach from pan; place in a bowl.
- ☐ Add bacon to pan; cook 3 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 2 minutes or until tender, stirring frequently.
- ☐ Add wine; cook 1 minute or until liquid is reduced by half.
- ☐ Remove from heat; keep warm.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well, reserving 1 tablespoon cooking liquid. Immediately add pasta and the reserved cooking liquid to onion mixture in skillet.
- ☐ Add spinach and bacon; stir well to combine.
- ☐ Place skillet over low heat.
- ☐ Combine remaining 1/4 teaspoon salt, cheese, pepper, egg, and egg white, 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:27.498260622439%

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: 546.9kcal (27.35%), Fat: 27.39g (42.14%), Saturated Fat: 10.11g (63.16%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 45.87g (16.68%), Sugar: 3.71g (4.12%), Cholesterol: 91.78mg (30.59%), Sodium: 947.39mg (41.19%), Alcohol: 0.77g (100%), Alcohol %: 0.41% (100%), Protein: 23.53g (47.05%), Vitamin K: 255.53µg (243.36%), Vitamin A: 4440.57IU (88.81%), Selenium: 56.01µg (80.02%), Manganese: 1.01mg (50.62%), Phosphorus: 345.2mg (34.52%), Folate: 112.18µg (28.04%), Calcium: 247.41mg (24.74%), Vitamin C: 18.9mg (22.91%), Magnesium: 85.45mg (21.36%), Vitamin B6: 0.4mg (19.84%), Vitamin B2: 0.31mg (18.46%), Vitamin B3: 3.6mg (17.98%), Vitamin B1: 0.27mg (17.71%), Potassium: 598.11mg (17.09%), Zinc: 2.33mg (15.52%), Iron: 2.77mg (15.39%), Fiber: 3.59g (14.37%), Copper: 0.28mg (14.06%), Vitamin B12: 0.56µg (9.31%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.35mg (9.02%), Vitamin D: 0.54µg (3.58%)