



## Pasta Carbonara Frittata

READY IN



30 min.

SERVINGS



4

CALORIES



539 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 6 large eggs
- 2 garlic clove finely chopped
- 2 tablespoons olive oil
- 0.5 cup parmesan grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 8 ounces pasta like spaghetti
- 4 ounces at least of turkey bacon

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot
- broiler
- stove
- spatula

## Directions

- Bring a large pot of salted water to boil and cook spaghetti until just tender, about 8 minutes, or as package label directs.
- Drain, transfer to a large bowl and toss with olive oil to coat.
- Let cool to room temperature.
- Cook turkey bacon in a large skillet over medium-high heat until crisp, 5 to 8 minutes.
- Remove bacon to paper towels to drain. Discard all but 1 Tbsp. of fat in skillet.
- Preheat broiler to high.
- Whisk together eggs, Parmesan, garlic, 1/2 tsp. salt and 1/4 tsp. pepper in a bowl.
- Pour over spaghetti and toss to coat. Crumble bacon into bowl and mix well.
- Place skillet on stove over medium-low heat and add egg-and-spaghetti mixture, spreading into an even layer with a spatula. Cook until bottom is well-browned, about 8 minutes, sliding a spatula underneath frittata occasionally to loosen.
- Place pan under broiler and cook until top is golden and set, about 3 minutes.
- Cut frittata into wedges and serve.

## Nutrition Facts



**PROTEIN 22.35%** **FAT 44.1%** **CARBS 33.55%**

## Properties

Glycemic Index:32.75, Glycemic Load:17.28, Inflammation Score:-4, Nutrition Score:18.457391233548%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 539.33kcal (26.97%), Fat: 26.14g (40.21%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 42.86g (15.58%), Sugar: 1.91g (2.12%), Cholesterol: 315.28mg (105.09%), Sodium: 1249.04mg (54.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Selenium: 69.21µg (98.86%), Phosphorus: 475.31mg (47.53%), Manganese: 0.59mg (29.26%), Vitamin B2: 0.49mg (28.72%), Calcium: 207.98mg (20.8%), Zinc: 2.99mg (19.93%), Vitamin B6: 0.33mg (16.45%), Iron: 2.83mg (15.72%), Vitamin B12: 0.92µg (15.33%), Vitamin B5: 1.46mg (14.61%), Vitamin E: 2.18mg (14.53%), Copper: 0.27mg (13.54%), Magnesium: 53.37mg (13.34%), Folate: 48.95µg (12.24%), Vitamin D: 1.68µg (11.17%), Vitamin B3: 2.07mg (10.33%), Potassium: 361.23mg (10.32%), Vitamin A: 503.44IU (10.07%), Fiber: 1.88g (7.51%), Vitamin B1: 0.11mg (7.07%), Vitamin K: 6.95µg (6.62%)