

Pasta Carbonara I

READY IN



30 min.

SERVINGS



8

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon cut into small pieces
- ☐ 0.3 cup butter softened
- ☐ 4 eggs room temperature
- ☐ 8 servings ground pepper black to taste
- ☐ 0.3 cup heavy cream at room temperature
- ☐ 1 cup parmesan cheese grated
- ☐ 0.3 cup parsley chopped
- ☐ 16 ounces fettuccine pasta dry

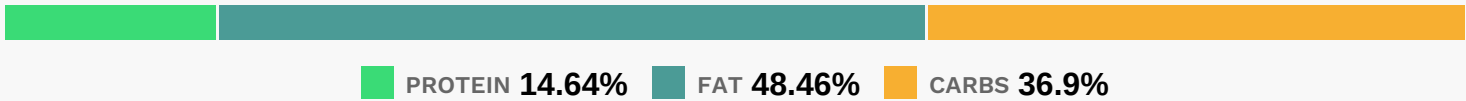
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon until crisp.
- ☐ Drain on paper towels.
- ☐ In medium bowl beat together eggs and cream just until blended. Stir in cheese and set aside.
- ☐ Cook pasta according to package directions.
- ☐ Drain and return to pan. Toss with butter until it is melted.
- ☐ Add bacon and cheese mixture and toss gently until mixed.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:17.05, Inflammation Score:-5, Nutrition Score:14.200000099514%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 489.73kcal (24.49%), Fat: 26.16g (40.24%), Saturated Fat: 11.91g (74.46%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 42.9g (15.6%), Sugar: 1.84g (2.05%), Cholesterol: 135.08mg (45.03%), Sodium: 489.76mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Selenium: 52.96µg (75.66%), Vitamin K: 31.98µg (30.46%), Phosphorus: 278.06mg (27.81%), Manganese: 0.56mg (27.78%), Calcium: 145.79mg (14.58%), Vitamin A: 682.52IU (13.65%), Zinc: 2mg (13.36%), Vitamin B2: 0.22mg (12.89%), Vitamin B3: 2.16mg (10.82%), Magnesium: 42.24mg (10.56%), Vitamin B6: 0.21mg (10.41%), Copper: 0.2mg (10.08%), Vitamin B1: 0.14mg (9.67%), Vitamin B12: 0.53µg (8.84%), Vitamin B5: 0.82mg (8.15%), Iron: 1.43mg (7.94%), Fiber: 1.9g (7.61%),

Potassium: 256.42mg (7.33%), Folate: 24.67µg (6.17%), Vitamin D: 0.73µg (4.9%), Vitamin E: 0.73mg (4.85%),
Vitamin C: 2.54mg (3.08%)