

## Pasta Carbonara II

READY IN



45 min.

SERVINGS



8

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce olives black chopped canned
- 4 tablespoons butter
- 0.5 pound bacon crumbled cooked
- 1 pound pasta like spaghetti cooked drained
- 4 eggs beaten
- 0.5 cup parsley fresh chopped
- 2 cloves garlic
- 0.5 teaspoon ground pepper black
- 1 pound ham chopped

- 4 tablespoons olive oil
- 0.7 cup parmesan cheese grated
- 4 ounce pimento peppers diced drained
- 1 teaspoon salt

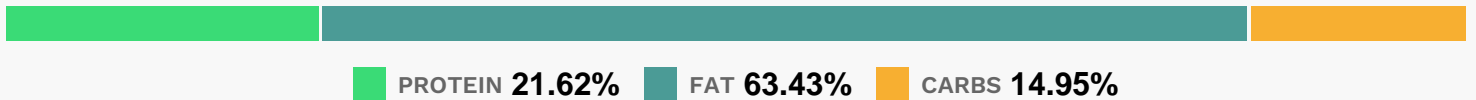
## Equipment

- frying pan

## Directions

- Melt butter or margarine in a large skillet.
- Add the oil and ham and saute lightly.
- Add the cooked spaghetti, bacon, cheese, garlic, parsley, salt and pepper. Stir well.
- Turn off the heat and pour beaten eggs over all. Toss to coat evenly, then add the olives and pimentos and toss again.
- Serve at once.

## Nutrition Facts



## Properties

Glycemic Index:29.69, Glycemic Load:8.37, Inflammation Score:-7, Nutrition Score:21.523913010307%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 576.23kcal (28.81%), Fat: 40.43g (62.2%), Saturated Fat: 13.88g (86.77%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 19.22g (6.99%), Sugar: 1.03g (1.15%), Cholesterol: 167.36mg (55.79%), Sodium: 1999.12mg (86.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Selenium: 52.29µg (74.7%), Vitamin K: 68.37µg (65.12%), Phosphorus: 369.64mg (36.96%), Vitamin B1: 0.53mg (35.64%), Vitamin B3: 5.97mg (29.86%), Vitamin B6: 0.5mg (24.81%), Vitamin C: 19.96mg (24.2%), Vitamin A: 1152.85IU (23.06%), Zinc: 3.22mg (21.43%),

Vitamin B2: 0.35mg (20.63%), Vitamin E: 2.76mg (18.4%), Vitamin B12: 0.99µg (16.53%), Iron: 2.61mg (14.49%),  
Manganese: 0.26mg (12.91%), Potassium: 437.81mg (12.51%), Calcium: 118.11mg (11.81%), Vitamin B5: 1.04mg (10.39%),  
Magnesium: 41.08mg (10.27%), Copper: 0.2mg (9.82%), Fiber: 2.22g (8.88%), Vitamin D: 0.99µg (6.61%), Folate:  
24.09µg (6.02%)