



Pasta Carbonara with Asparagus

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups asparagus trimmed diagonally sliced (1-inch)
- ☐ 2 slices bacon
- ☐ 2 tablespoons chives chopped
- ☐ 0.3 cup egg substitute
- ☐ 8 ounces farfalle pasta uncooked (bow tie pasta)
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup onion chopped
- ☐ 6 tablespoons parmesan cheese fresh divided grated
- ☐ 4 servings pepper freshly ground

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup skim milk

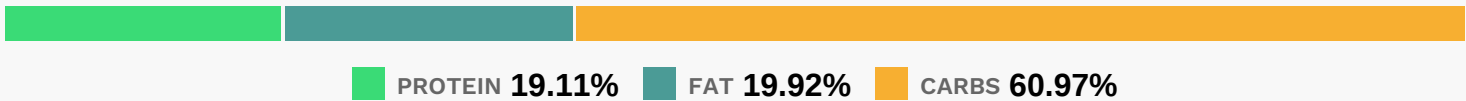
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan; add asparagus. Cook 3 minutes or until crisp-tender.
- ☐ Drain; set aside.
- ☐ Combine 2 tablespoons cheese, milk, egg substitute, 2 tablespoons chives, and salt in a small bowl; set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well; set aside.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp. Crumble bacon; set aside.
- ☐ Add onion and garlic to bacon drippings in pan; saut 5 minutes or until tender.
- ☐ Remove from heat; stir in asparagus and bacon.
- ☐ Combine pasta, milk mixture, and asparagus in a large bowl; toss well. Divide evenly among 4 shallow bowls; top each serving with 1 tablespoon cheese.
- ☐ Sprinkle with pepper; top with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:67.06, Glycemic Load:18.59, Inflammation Score:-7, Nutrition Score:17.498695435731%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.38mg, Isorhamnetin: 6.38mg, Isorhamnetin: 6.38mg, Isorhamnetin: 6.38mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg

Nutrients (% of daily need)

Calories: 329.72kcal (16.49%), Fat: 7.32g (11.27%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 46.27g (16.82%), Sugar: 5.54g (6.15%), Cholesterol: 12.82mg (4.27%), Sodium: 381.04mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.63%), Selenium: 48.54µg (69.35%), Manganese: 0.74mg (36.94%), Vitamin K: 38.56µg (36.72%), Phosphorus: 257.81mg (25.78%), Copper: 0.35mg (17.64%), Iron: 3.06mg (16.98%), Fiber: 4.18g (16.71%), Vitamin B1: 0.25mg (16.58%), Vitamin A: 827.36IU (16.55%), Calcium: 164.05mg (16.4%), Vitamin B2: 0.28mg (16.21%), Folate: 64.32µg (16.08%), Vitamin B6: 0.28mg (13.93%), Magnesium: 54.66mg (13.67%), Zinc: 1.88mg (12.55%), Potassium: 437.43mg (12.5%), Vitamin B3: 2.34mg (11.7%), Vitamin C: 8.32mg (10.09%), Vitamin B5: 0.92mg (9.25%), Vitamin E: 1.32mg (8.82%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.49µg (3.27%)