



Pasta Carbonara with Bacon

READY IN



30 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby spinach fresh
- 4 slices bacon cut into 1-inch pieces (1/4 lb)
- 0.3 teaspoon pepper black freshly ground
- 1 eggs
- 6 oz yogurt plain fat free
- 6 oz fettuccine barilla uncooked
- 1 clove garlic chopped
- 0.5 cup spring onion thinly sliced (8 medium)
- 0.8 cup milk

- 0.8 cup parmesan cheese freshly grated
- 0.8 cup plum tomatoes chopped (Roma) (1 medium)

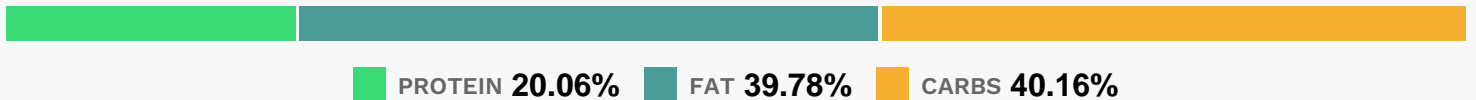
Equipment

- bowl
- frying pan

Directions

- Cook and drain fettuccine as directed on package. In 10-inch skillet, cook bacon and garlic until crisp.
- Drain; remove from skillet, and set aside.
- In small bowl, slightly beat egg; stir in milk, Parmesan cheese and pepper.
- Place cooked fettuccine in skillet.
- Add milk mixture, spinach, tomato, green onions and reserved garlic and bacon. Cover; cook about 5 minutes over medium-high heat, stirring occasionally, until spinach is tender.
- Stir in yogurt; cook over low heat just until heated through.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:14.4, Inflammation Score:-10, Nutrition Score:26.96739142874%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 421.28kcal (21.06%), Fat: 18.69g (28.76%), Saturated Fat: 7.62g (47.6%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 39.49g (14.36%), Sugar: 7.91g (8.79%), Cholesterol: 113.81mg (37.94%), Sodium: 576.51mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.42%), Vitamin K: 175.28µg (166.94%), Vitamin A: 3641.18IU (72.82%), Selenium: 50.76µg (72.51%), Phosphorus: 419.11mg (41.91%), Manganese: 0.76mg

(37.86%), Calcium: 373.84mg (37.38%), Folate: 96.63µg (24.16%), Vitamin B2: 0.41mg (24.11%), Vitamin C: 17.47mg (21.18%), Magnesium: 80.24mg (20.06%), Potassium: 685.76mg (19.59%), Zinc: 2.92mg (19.49%), Vitamin B12: 1.09µg (18.18%), Vitamin B6: 0.35mg (17.3%), Vitamin B1: 0.24mg (15.79%), Iron: 2.36mg (13.09%), Vitamin B5: 1.26mg (12.57%), Vitamin B3: 2.45mg (12.27%), Fiber: 2.97g (11.87%), Copper: 0.24mg (11.86%), Vitamin E: 1.41mg (9.37%), Vitamin D: 1.03µg (6.88%)