



Pasta with Bacon, Caramelized Onions and Cheddar Cheese

READY IN



40 min.

SERVINGS



8

CALORIES



691 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups onion thinly sliced
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons butter
- ☐ 16 ounces fettuccine barilla
- ☐ 0.5 pound bacon sliced
- ☐ 1.5 cups whipping cream (heavy)
- ☐ 8 ounces cheddar cheese shredded

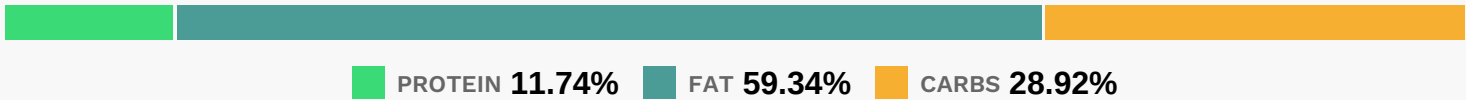
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Place onions, oil and butter in 3-quart microwavable casserole. Microwave uncovered on Medium-High (70%) 20 to 30 minutes, stirring occasionally, until onions are golden brown.
- ☐ Drain onions.
- ☐ Meanwhile, cook and drain fettuccine as directed on package. Cook bacon in 10-inch skillet over low heat, turning occasionally, until crisp; drain on paper towels. Chop bacon into small pieces.
- ☐ Heat whipping cream to boiling in 2-quart saucepan.
- ☐ Mix in 1 cup of the cheese and the onions.
- ☐ Pour over fettuccine; toss to coat. Top with remaining 1 cup cheese; sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:18.79, Inflammation Score:-8, Nutrition Score:17.467826283496%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 690.55kcal (34.53%), Fat: 45.82g (70.49%), Saturated Fat: 21.28g (133.01%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 47g (17.09%), Sugar: 5.85g (6.51%), Cholesterol: 145.11mg (48.37%), Sodium: 433.24mg (18.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.78%), Selenium: 60.14µg (85.91%), Phosphorus: 357.2mg (35.72%), Manganese: 0.59mg (29.72%), Calcium: 270.6mg (27.06%), Vitamin A: 1112.49IU (22.25%), Zinc: 2.71mg (18.04%), Vitamin B2: 0.31mg (17.99%), Vitamin B6: 0.33mg (16.47%), Vitamin B1: 0.23mg (15.26%), Magnesium: 55.17mg (13.79%), Fiber: 3.23g (12.92%), Vitamin B3: 2.47mg (12.34%), Vitamin B12: 0.68µg (11.36%), Copper: 0.23mg (11.29%), Potassium: 376.97mg (10.77%), Vitamin B5: 1.01mg (10.07%), Folate: 39.42µg (9.85%), Vitamin E: 1.36mg (9.05%), Vitamin K: 8.96µg (8.54%), Iron: 1.45mg (8.07%), Vitamin D: 1.17µg (7.78%), Vitamin C: 6.19mg (7.51%)