



PHILADELPHIA Quick Pasta Carbonara

READY IN



20 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon cut into 1/2-inch pieces
- 4 oz philadelphia cream cheese cubed ()
- 0.5 lb fettuccine barilla uncooked
- 0.5 tsp garlic powder
- 0.8 cup milk
- 0.3 cup parmesan cheese grated kraft
- 1 cup peas frozen

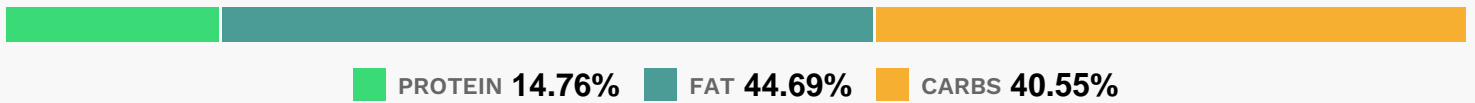
Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Cook pasta as directed on package, omitting salt. Meanwhile, cook and stir bacon in large skillet until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.
- Add remaining ingredients to reserved drippings; cook on low heat 3 to 5 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Drain pasta; place in large bowl.
- Add cream cheese sauce and bacon; mix lightly.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:3.92, Inflammation Score:-2, Nutrition Score:3.4626087157623%

Nutrients (% of daily need)

Calories: 100.37kcal (5.02%), Fat: 4.99g (7.68%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.39g (3.41%), Sugar: 1.28g (1.42%), Cholesterol: 20.7mg (6.9%), Sodium: 82.37mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Selenium: 11.21µg (16.02%), Phosphorus: 67.69mg (6.77%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.06mg (3.86%), Calcium: 37.55mg (3.76%), Vitamin C: 2.9mg (3.52%), Vitamin A: 169.51IU (3.39%), Zinc: 0.5mg (3.33%), Vitamin B2: 0.05mg (3.23%), Fiber: 0.79g (3.18%), Vitamin B6: 0.06mg (2.99%), Magnesium: 11.75mg (2.94%), Vitamin B3: 0.58mg (2.92%), Copper: 0.05mg (2.52%), Vitamin B12: 0.14µg (2.32%), Potassium: 79.27mg (2.26%), Folate: 8.65µg (2.16%), Vitamin B5: 0.21mg (2.08%), Iron: 0.36mg (1.99%), Vitamin K: 2.03µg (1.93%), Vitamin D: 0.16µg (1.07%)