



Quick 'n Easy Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 slices oscar mayer bacon
- 4 eggs beaten
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 2 cups peas frozen
- 0.5 lb pasta like spaghetti uncooked

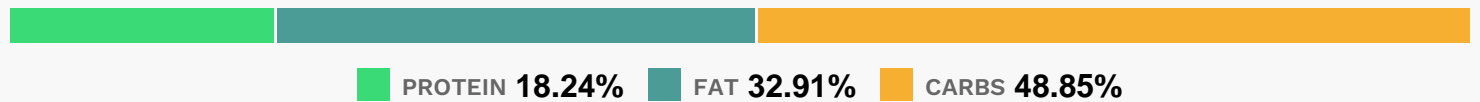
Equipment

- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, adding peas to the water for the last minute. Meanwhile, cook bacon as directed on package; drain.
- Return pasta mixture to saucepan. Crumble bacon.
- Add to pasta along with remaining ingredients; mix lightly. Cook on low heat 2 to 4 min. or until eggs are cooked through, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:19.82, Inflammation Score:-7, Nutrition Score:20.690000285273%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 462.37kcal (23.12%), Fat: 16.73g (25.74%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 49.91g (18.15%), Sugar: 7.38g (8.2%), Cholesterol: 180.01mg (60%), Sodium: 433.96mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.72%), Selenium: 56.44µg (80.64%), Manganese: 0.84mg (42.06%), Vitamin C: 29.06mg (35.22%), Phosphorus: 338.17mg (33.82%), Vitamin K: 26.5µg (25.24%), Fiber: 5.95g (23.79%), Vitamin B2: 0.37mg (21.51%), Vitamin B1: 0.31mg (20.78%), Folate: 78.39µg (19.6%), Zinc: 2.74mg (18.28%), Vitamin A: 857.68IU (17.15%), Vitamin B6: 0.34mg (16.81%), Copper: 0.34mg (16.77%), Magnesium: 64.16mg (16.04%), Vitamin B3: 3.2mg (16%), Iron: 2.71mg (15.04%), Potassium: 420.57mg (12.02%), Calcium: 112.66mg (11.27%), Vitamin B5: 1.11mg (11.06%), Vitamin B12: 0.56µg (9.31%), Vitamin E: 1.04mg (6.95%), Vitamin D: 0.98µg (6.51%)