



Quick Pasta Carbonara

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices oscar mayer bacon
- ☐ 4 ounces philadelphia cream cheese cubed
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.8 cup milk
- ☐ 0.5 cup parmesan cheese grated kraft
- ☐ 0.5 pound soup noodles
- ☐ 1 cup peas frozen

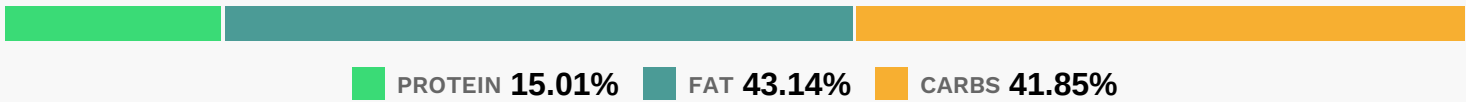
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook pasta as directed on package. Meanwhile, cook bacon in large skillet until crisp.
- ☐ Remove bacon from skillet with slotted spoon, reserving 2 Tbsp. drippings in skillet.
- ☐ Drain bacon on paper towels.
- ☐ Add remaining ingredients to reserved drippings; cook on low heat until cream cheese is melted and mixture is well blended and heated through.
- ☐ Drain pasta; place in large bowl.
- ☐ Add cream cheese sauce and bacon; mix lightly.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:19.66, Inflammation Score:-7, Nutrition Score:16.293043406113%

Nutrients (% of daily need)

Calories: 512kcal (25.6%), Fat: 24.45g (37.62%), Saturated Fat: 11.62g (72.65%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 49.45g (17.98%), Sugar: 6.85g (7.62%), Cholesterol: 59.52mg (19.84%), Sodium: 476.23mg (20.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Selenium: 48.68µg (69.54%), Manganese: 0.69mg (34.51%), Phosphorus: 335.34mg (33.53%), Calcium: 216.64mg (21.66%), Vitamin C: 14.5mg (17.58%), Vitamin A: 848.43IU (16.97%), Vitamin B1: 0.25mg (16.35%), Vitamin B2: 0.27mg (15.98%), Zinc: 2.39mg (15.94%), Fiber: 3.91g (15.66%), Magnesium: 57.36mg (14.34%), Vitamin B3: 2.69mg (13.46%), Vitamin B6: 0.26mg (13.02%), Copper: 0.25mg (12.47%), Potassium: 391.97mg (11.2%), Vitamin B12: 0.59µg (9.8%), Vitamin K: 9.99µg (9.52%), Folate: 37.25µg (9.31%), Iron: 1.47mg (8.16%), Vitamin B5: 0.78mg (7.8%), Vitamin D: 0.65µg (4.36%), Vitamin E: 0.54mg (3.58%)