



Scrambled Egg Pasta

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices bacon thick chopped
- ☐ 4 eggs
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 4 servings salt and pepper to taste

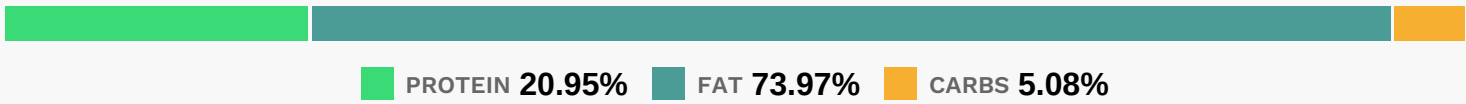
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, beat together the eggs and cheese; set aside.
- ☐ In a large skillet, fry the bacon and onion together until the meat is browned and crispy and the onion has begun to caramelize.
- ☐ Add the pasta (if using cold day-old pasta, cook until it's just warmed through, about 1 minute).
- ☐ Pour the egg-and-cheese mixture into the skillet and reduce heat to low. Stir continuously until the pasta is coated with the eggs and they have begun to solidify.
- ☐ Season with the salt and pepper, then serve immediately, with extra grated Parmesan on the side.
- ☐ This dish offers the perfect opportunity to use up leftover pasta. (PS: It also makes a fantastic breakfast.)

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:9.2591304286667%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 306.4kcal (15.32%), Fat: 24.9g (38.31%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.43g (1.59%), Cholesterol: 201.22mg (67.07%), Sodium: 748.9mg (32.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.74%), Selenium: 25.3µg (36.15%), Phosphorus: 245.21mg (24.52%), Calcium: 181.29mg (18.13%), Vitamin B2: 0.29mg (16.8%), Vitamin B12: 0.76µg (12.69%), Vitamin B6: 0.24mg (11.81%), Vitamin B1: 0.16mg (10.44%), Vitamin B5: 1.01mg (10.09%), Zinc: 1.48mg (9.85%), Vitamin B3: 1.87mg (9.34%), Vitamin D: 1.12µg (7.46%), Vitamin A: 352.05IU (7.04%), Folate: 26.78µg (6.7%), Iron: 1.11mg (6.18%), Potassium: 199.53mg (5.7%), Magnesium: 18.82mg (4.7%), Vitamin E: 0.68mg (4.56%), Copper: 0.06mg (3.25%), Manganese: 0.06mg (2.78%), Vitamin C: 2.04mg (2.47%), Fiber: 0.47g (1.87%)