



Spaghetti Carbonara

READY IN



20 min.

SERVINGS



8

CALORIES



400 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon cut into 1-inch pieces
- 4 oz philadelphia cream cheese cubed softened ()
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 onion finely chopped
- 3 Tbsp parmesan cheese grated kraft
- 1 lb pasta like spaghetti uncooked

Equipment

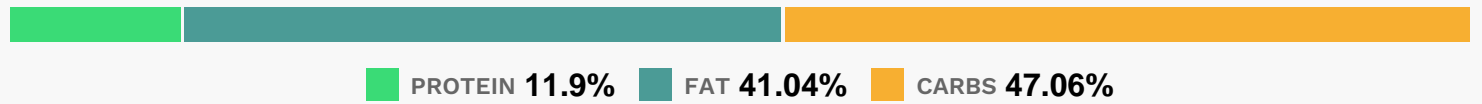
- frying pan

paper towels

Directions

- Cook spaghetti as directed on package, omitting salt.
- Meanwhile, cook and stir bacon and onions in large skillet on medium-high heat 8 min. or until bacon is crisp and onions are tender.
- Remove from skillet; drain. Wipe skillet with paper towel.
- Drain spaghetti. Immediately add to skillet with bacon mixture and all remaining ingredients; toss until cream cheese is completely melted and mixture is well blended.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:17.51, Inflammation Score:-4, Nutrition Score:9.4952172559241%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 400.35kcal (20.02%), Fat: 18.1g (27.85%), Saturated Fat: 6.68g (41.72%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 44.65g (16.24%), Sugar: 4.22g (4.69%), Cholesterol: 30.47mg (10.16%), Sodium: 372.76mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.62%), Selenium: 42.49µg (60.71%), Manganese: 0.55mg (27.39%), Phosphorus: 172.09mg (17.21%), Vitamin B3: 1.9mg (9.49%), Copper: 0.18mg (9.23%), Magnesium: 36.73mg (9.18%), Vitamin B6: 0.17mg (8.72%), Vitamin B1: 0.12mg (8.32%), Zinc: 1.24mg (8.3%), Vitamin K: 8.67µg (8.25%), Fiber: 2.05g (8.19%), Potassium: 224.57mg (6.42%), Vitamin B2: 0.09mg (5.57%), Iron: 0.92mg (5.1%), Calcium: 48.4mg (4.84%), Vitamin B5: 0.47mg (4.7%), Vitamin A: 220.29IU (4.41%), Vitamin E: 0.61mg (4.09%), Folate: 14.21µg (3.55%), Vitamin B12: 0.17µg (2.77%), Vitamin C: 1.08mg (1.3%)