



 **26%**
HEALTH SCORE

Spaghetti Carbonara

READY IN



35 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon
- 1 large eggs
- 0.3 cup parsley fresh sliced
- 0.3 cup milk 1% low-fat
- 1 teaspoon olive oil
- 1 small onion diced
- 1.5 ounces parmesan finely grated
- 1 cup peas frozen
- 4 servings bell pepper

- 4 servings bell pepper
- 4 servings salt
- 8 ounces pasta like spaghetti

Equipment

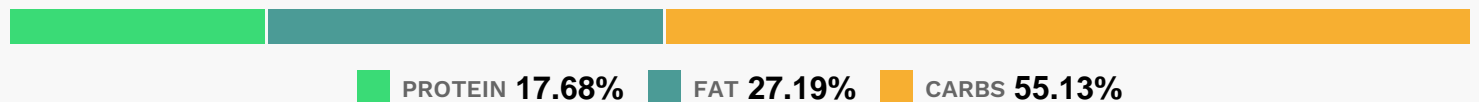
Directions

Cook the bacon in a large skillet over medium heat, turning occasionally until browned and crisp. Drain pan and dry bacon on paper towels; keep the skillet on the heat. Add the oil and onion and cook, stirring occasionally, until softened and translucent, about 3 minutes. Remove from heat.

Whisk together the milk and egg in a large serving bowl until well-combined. Stir in the onion.

Bring a large saucepan of salted water to a boil. Add spaghetti, and cook according to package directions. Two minutes before the spaghetti is done, stir in the peas. Drain and immediately transfer to the milk mixture. Toss until the pasta is well coated. Add the cheese, parsley, salt and pepper and toss well. Crumble the bacon into small pieces over the spaghetti and toss. Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:20.78, Inflammation Score:-10, Nutrition Score:31.20347826087%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 432.46kcal (21.62%), Fat: 13.17g (20.25%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 52.65g (19.14%), Sugar: 11.71g (13.01%), Cholesterol: 65.6mg (21.87%), Sodium:

512.74mg (22.29%), Protein: 19.26g (38.52%), Vitamin C: 211.5mg (256.37%), Vitamin A: 5453.93IU (109.08%), Vitamin K: 78.76µg (75.01%), Selenium: 46.69µg (66.69%), Manganese: 0.87mg (43.63%), Vitamin B6: 0.69mg (34.32%), Phosphorus: 334.85mg (33.48%), Fiber: 7.43g (29.72%), Folate: 118.35µg (29.59%), Vitamin B2: 0.35mg (20.6%), Vitamin B1: 0.31mg (20.34%), Calcium: 199.21mg (19.92%), Vitamin B3: 3.97mg (19.87%), Vitamin E: 2.87mg (19.13%), Potassium: 666.62mg (19.05%), Magnesium: 74.04mg (18.51%), Zinc: 2.42mg (16.16%), Copper: 0.29mg (14.25%), Iron: 2.56mg (14.23%), Vitamin B5: 1.19mg (11.93%), Vitamin B12: 0.44µg (7.35%), Vitamin D: 0.59µg (3.9%)