



Spaghetti Carbonara

READY IN



25 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz pasta like spaghetti
- ☐ 1 clove garlic finely chopped
- ☐ 6 slices bacon cut into 1-inch pieces
- ☐ 0.8 cup eggs fat-free
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 serving parmesan cheese freshly grated
- ☐ 1 serving pepper freshly ground

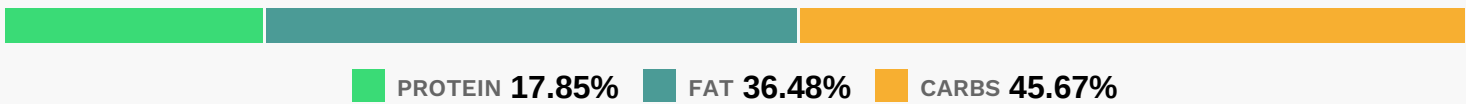
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook spaghetti as directed on package.
- ☐ Meanwhile, in 10-inch skillet, cook garlic and bacon over medium heat, stirring occasionally, until bacon is crisp; drain.
- ☐ In small bowl, mix egg product, oil, 1/2 cup Parmesan cheese, the Romano cheese, parsley and 1/4 teaspoon pepper.
- ☐ Drain spaghetti; return to Dutch oven.
- ☐ Add bacon mixture and egg product mixture. Cook over low heat, tossing mixture constantly, until egg product coats spaghetti; remove from heat.
- ☐ Serve with additional Parmesan cheese and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:22.85, Inflammation Score:-5, Nutrition Score:17.146087159281%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 525.54kcal (26.28%), Fat: 21.02g (32.34%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 59.22g (19.74%), Net Carbohydrates: 56.72g (20.63%), Sugar: 2.22g (2.46%), Cholesterol: 147.78mg (49.26%), Sodium: 527.49mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Selenium: 67.48µg (96.4%), Phosphorus: 384.27mg (38.43%), Manganese: 0.74mg (37.02%), Vitamin K: 26.78µg (25.51%), Calcium: 243.71mg (24.37%), Zinc: 2.53mg (16.87%), Vitamin B2: 0.28mg (16.52%), Magnesium: 55.4mg (13.85%), Copper: 0.26mg (13.11%), Vitamin B6: 0.24mg (12.15%), Vitamin B3: 2.23mg (11.16%), Vitamin B12: 0.65µg (10.89%), Iron: 1.83mg (10.17%), Vitamin B5: 1mg (10.02%), Fiber: 2.5g (10%), Vitamin B1: 0.15mg (9.99%), Vitamin A: 434.99IU (8.7%), Potassium: 296.48mg (8.47%), Folate: 31.33µg (7.83%), Vitamin D: 0.8µg (5.36%), Vitamin E: 0.78mg (5.2%), Vitamin C: 1.93mg (2.34%)