



Spaghetti Carbonara

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices precooked bacon ready-to-serve (such as Oscar Mayer bacon)
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup egg substitute
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 9 ounce pasta fresh uncooked
- ☐ 2 ounces parmesan cheese fresh grated

☐ 0.3 teaspoon salt

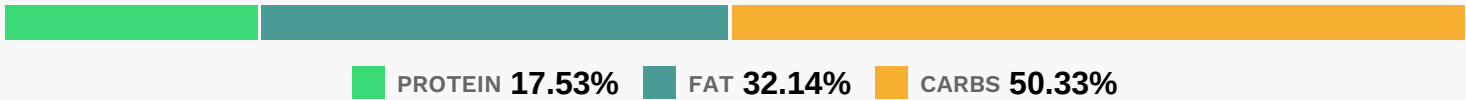
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Heat bacon according to package directions. Cool and finely chop; set aside.
- ☐ Combine the broth, wine, butter, and garlic in a large nonstick skillet; bring to a boil over medium-high heat. Reduce heat, and simmer for 1 minute.
- ☐ Remove from heat; stir in egg substitute, salt, and pepper.
- ☐ Add pasta; toss well. Stir in bacon and cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:19.48, Inflammation Score:-4, Nutrition Score:12.170000094434%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 409.14kcal (20.46%), Fat: 14.07g (21.65%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 47.48g (17.26%), Sugar: 2.32g (2.58%), Cholesterol: 28.05mg (9.35%), Sodium: 654.91mg (28.47%), Alcohol: 1.54g (100%), Alcohol %: 1.24% (100%), Protein: 17.26g (34.53%), Selenium: 53.9µg (77.01%), Manganese: 0.64mg (32.23%), Phosphorus: 262.54mg (26.25%), Calcium: 199.41mg (19.94%), Magnesium: 46.61mg (11.65%), Zinc: 1.68mg (11.17%), Copper: 0.21mg (10.53%), Vitamin B3: 1.99mg (9.97%), Vitamin B6: 0.2mg (9.88%), Vitamin B2: 0.17mg (9.87%), Vitamin B1: 0.13mg (8.83%), Fiber: 2.09g (8.35%), Iron: 1.42mg (7.91%), Vitamin B5: 0.73mg (7.34%), Potassium: 246.78mg (7.05%), Vitamin B12: 0.37µg (6.1%), Vitamin A: 238.5IU (4.77%), Folate:

15.47µg (3.87%), Vitamin E: 0.49mg (3.29%), Vitamin D: 0.38µg (2.51%)