

Spaghetti Carbonara I

READY IN



20 min.

SERVINGS



6

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon chopped
- 4 eggs well beaten
- 0.3 cup olive oil
- 1 cup parmesan cheese grated
- 1 pound pasta like spaghetti

Equipment

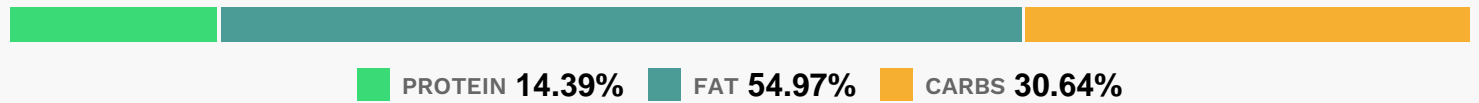
- bowl
- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, reserving some of the drippings, crumble and set aside.
- Scramble eggs in bacon drippings.
- Place spaghetti in a large bowl.
- Pour in olive oil, and mix well; use enough to just moisten spaghetti. Stir in bacon, eggs, and Parmesan cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:22.69, Inflammation Score:-4, Nutrition Score:18.289565190025%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 787.39kcal (39.37%), Fat: 47.6g (73.24%), Saturated Fat: 15g (93.78%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 57.28g (20.83%), Sugar: 2.14g (2.38%), Cholesterol: 173.52mg (57.84%), Sodium: 838.5mg (36.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Selenium: 77.81µg (111.16%), Phosphorus: 415.49mg (41.55%), Manganese: 0.72mg (36.2%), Vitamin B3: 4.36mg (21.8%), Zinc: 3.06mg (20.39%), Vitamin B1: 0.29mg (19.53%), Vitamin B6: 0.37mg (18.59%), Calcium: 183.51mg (18.35%), Vitamin B2: 0.3mg (17.54%), Magnesium: 58.49mg (14.62%), Vitamin B12: 0.86µg (14.4%), Vitamin E: 2.1mg (13.98%), Copper: 0.28mg (13.9%), Vitamin B5: 1.25mg (12.49%), Potassium: 389.51mg (11.13%), Iron: 1.93mg (10.73%), Fiber: 2.42g (9.68%), Folate: 28.39µg (7.1%), Vitamin A: 330.54IU (6.61%), Vitamin D: 0.97µg (6.48%), Vitamin K: 5.86µg (5.59%)