



Spaghetti Carbonara II



Popular

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READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 slices bacon diced



4 eggs



2 tablespoons parsley fresh chopped



1 clove garlic minced



1 tablespoon olive oil



1 onion chopped



2 tablespoons parmesan cheese grated



1 pinch salt and pepper black to taste

☐ 1 pound pasta like spaghetti

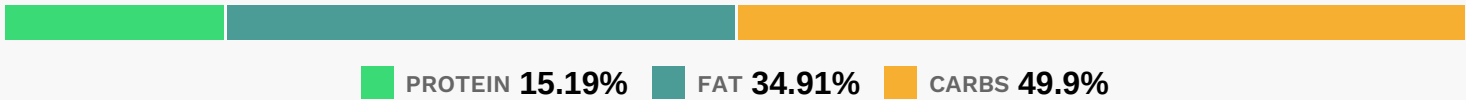
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ tongs

Directions

- ☐ In a large pot of boiling salted water, cook spaghetti pasta until al dente.
- ☐ Drain well. Toss with 1 tablespoon of olive oil, and set aside.
- ☐ Meanwhile in a large skillet, cook chopped bacon until slightly crisp; remove and drain onto paper towels. Reserve 2 tablespoons of bacon fat; add remaining 1 tablespoon olive oil, and heat in reused large skillet.
- ☐ Add chopped onion, and cook over medium heat until onion is translucent.
- ☐ Add minced garlic, and cook 1 minute more.
- ☐ Add wine if desired; cook one more minute.
- ☐ Return cooked bacon to pan; add cooked and drained spaghetti. Toss to coat and heat through, adding more olive oil if it seems dry or is sticking together.
- ☐ Add beaten eggs and cook, tossing constantly with tongs or large fork until eggs are barely set. Quickly add 1/2 cup Parmesan cheese, and toss again.
- ☐ Add salt and pepper to taste (remember that bacon and Parmesan are very salty).
- ☐ Serve immediately with chopped parsley sprinkled on top, and extra Parmesan cheese at table.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:17.35, Inflammation Score:-4, Nutrition Score:11.271304286045%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 360.7kcal (18.04%), Fat: 13.8g (21.24%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 42.31g (15.39%), Sugar: 2.19g (2.43%), Cholesterol: 97.45mg (32.48%), Sodium: 208.21mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.03%), Selenium: 47.57µg (67.96%), Manganese: 0.56mg (27.76%), Phosphorus: 195.47mg (19.55%), Vitamin K: 17.66µg (16.82%), Vitamin B6: 0.2mg (9.97%), Copper: 0.2mg (9.87%), Zinc: 1.44mg (9.57%), Vitamin B2: 0.16mg (9.52%), Vitamin B3: 1.9mg (9.49%), Magnesium: 37.74mg (9.43%), Vitamin B1: 0.13mg (8.59%), Fiber: 2.09g (8.36%), Iron: 1.33mg (7.36%), Vitamin B5: 0.73mg (7.31%), Potassium: 229.8mg (6.57%), Folate: 24.76µg (6.19%), Vitamin B12: 0.32µg (5.38%), Vitamin A: 222.3IU (4.45%), Vitamin E: 0.66mg (4.38%), Calcium: 41.62mg (4.16%), Vitamin D: 0.53µg (3.56%), Vitamin C: 2.46mg (2.99%)