



Spaghettini with Onions, Scallions, and Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 pound bacon sliced
- ☐ 1.8 cups chicken broth low-sodium homemade canned
- ☐ 4 cloves garlic sliced thin
- ☐ 2 large onions sliced thin
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 teaspoon salt
- ☐ 6 scallions white green chopped cut into 1/2-inch lengths, tops
- ☐ 0.8 pound spaghettini

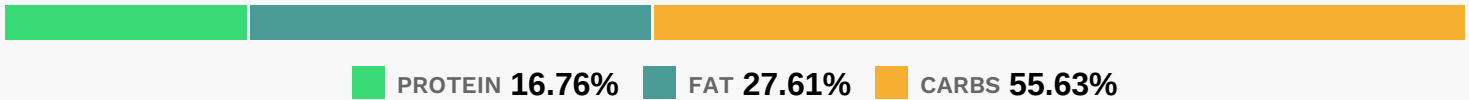
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large deep frying pan, cook the bacon over moderate heat until crisp.
- ☐ Remove the bacon with a slotted spoon.
- ☐ Pour off all but 3 tablespoons of the bacon fat or, if you don't have 3 tablespoons, add enough olive oil to make up the amount.
- ☐ Put the pan over moderately low heat.
- ☐ Add the onions and 1/4 teaspoon of the salt. Cook, covered, for 5 minutes.
- ☐ Uncover the pan and continue cooking, stirring occasionally, until the onions are golden, 10 to 15 minutes. Stir in the scallion bulbs and the garlic; cook 2 minutes longer, stirring occasionally.
- ☐ Add the broth and bring to a simmer.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the spaghettini until almost done, about 9 minutes.
- ☐ Drain the spaghettini and add it to the simmering broth. Cook until the pasta is just done, about 3 minutes. Stir in the Parmesan and the remaining 1/4 teaspoon salt. Toss with the bacon and scallion greens.
- ☐ Wine Recommendation: There are no tomatoes in this sauce, but you'll still want a red wine--the rich Parmesan needs the tannins to provide balance. Go for a basic (not Riserva) Chianti and enjoy its bright, slightly bitter-cherry and earth flavors.
- ☐ Notes: Scallions, also known as green onions, are essentially an herb and a vegetable in one. The bulbs can be used like a regular onion, while the green tops make a great flavoring and garnish. In fact, the chopped tops can be used as a substitute for chives.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:27.74, Inflammation Score:-7, Nutrition Score:18.853912742242%

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 Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 17.2mg, Quercetin: 17.2mg, Quercetin: 17.2mg, Quercetin: 17.2mg

Nutrients (% of daily need)

Calories: 539.5kcal (26.97%), Fat: 16.51g (25.4%), Saturated Fat: 6.28g (39.26%), Carbohydrates: 74.83g (24.94%), Net Carbohydrates: 70.3g (25.56%), Sugar: 6.13g (6.82%), Cholesterol: 27.21mg (9.07%), Sodium: 721.08mg (31.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Selenium: 63.17µg (90.24%), Manganese: 0.96mg (48.1%), Vitamin K: 37.91µg (36.1%), Phosphorus: 352.29mg (35.23%), Vitamin B3: 4.24mg (21.18%), Calcium: 207.23mg (20.72%), Copper: 0.37mg (18.39%), Fiber: 4.53g (18.11%), Vitamin B6: 0.36mg (17.8%), Magnesium: 66.87mg (16.72%), Potassium: 517.36mg (14.78%), Zinc: 2.21mg (14.76%), Vitamin B1: 0.21mg (14%), Vitamin C: 9.87mg (11.96%), Iron: 2.02mg (11.21%), Vitamin B2: 0.18mg (10.85%), Folate: 42.04µg (10.51%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.4µg (6.58%), Vitamin A: 289.34IU (5.79%), Vitamin E: 0.36mg (2.4%), Vitamin D: 0.18µg (1.17%)