



Spring Vegetable Carbonara

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces asparagus trimmed cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces pasta uncooked
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup peas green frozen thawed
- ☐ 2 ounces pecorino cheese grated
- ☐ 1 cup bell pepper red seeded chopped
- ☐ 4 slices bacon chopped

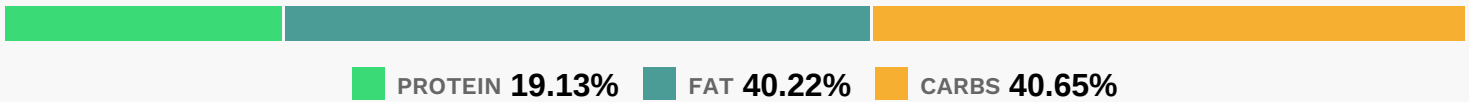
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Cook peas and asparagus in boiling water for 3 minutes or until asparagus is crisp-tender; drain. Plunge into ice water; drain. Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Combine pasta and vegetables.
- ☐ Combine cheese and the next 3 ingredients (through eggs) in a bowl, stirring well with a whisk. Gradually add hot cooking liquid to egg mixture, stirring constantly with a whisk. Cook bacon in a large skillet over medium heat until crisp, stirring occasionally.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan.
- ☐ Add bacon to pasta mixture. Cook bell pepper in drippings for 3 minutes, stirring occasionally.
- ☐ Add pasta mixture; cook 1 minute or until thoroughly heated.
- ☐ Remove pan from heat, and stir in egg mixture. Return pan to low heat; cook for 2 minutes or until sauce thickens slightly, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:52.33, Glycemic Load:18.84, Inflammation Score:-9, Nutrition Score:27.355651959129%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

Nutrients (% of daily need)

Calories: 510.96kcal (25.55%), Fat: 22.82g (35.11%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 51.9g (17.3%), Net Carbohydrates: 46.42g (16.88%), Sugar: 5.95g (6.61%), Cholesterol: 178mg (59.33%), Sodium: 759.9mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Selenium: 58.97µg (84.24%), Vitamin C: 59.69mg (72.35%), Vitamin A: 2223.93IU (44.48%), Phosphorus: 414.86mg (41.49%), Manganese: 0.82mg (41.01%), Vitamin K: 42.59µg (40.56%), Vitamin B2: 0.46mg (27.23%), Folate: 102.01µg (25.5%), Vitamin B1: 0.36mg (24.06%), Vitamin B6: 0.47mg (23.46%), Fiber: 5.48g (21.92%), Iron: 3.92mg (21.8%), Calcium: 214.36mg (21.44%), Copper: 0.41mg (20.64%), Vitamin B3: 4.03mg (20.14%), Zinc: 2.85mg (19.03%), Magnesium: 67.48mg (16.87%), Potassium: 559.66mg (15.99%), Vitamin E: 2.22mg (14.8%), Vitamin B5: 1.45mg (14.53%), Vitamin B12: 0.67µg (11.21%), Vitamin D: 0.96µg (6.43%)