

With Eggs, Bacon, and Parmesan, You Just Can't Go Wrong

READY IN



45 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 medium leek light white green halved lengthwise (and part only)
- ☐ 0.5 cup parmesan cheese freshly grated plus more for serving
- ☐ 10 ounces soup noodles shell-shaped
- ☐ 4 slices slab bacon diced thick

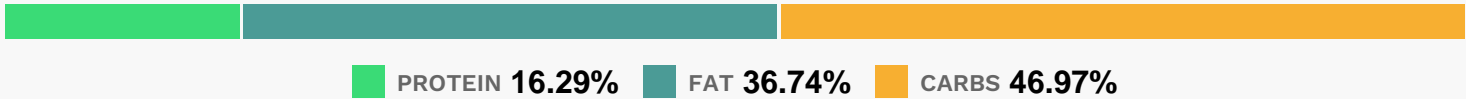
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook the bacon in a large skillet over medium heat until crisp, about 8 minutes.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons of fat.
- ☐ Add leeks to skillet and sauté until soft, about 6 minutes. Set aside.
- ☐ Meanwhile, cook the pasta in a large pot of boiling salted water until tender yet firm to the bite.
- ☐ Drain, reserving 1/2 cup cooking liquid.
- ☐ Whisk eggs and 1/2 cup Parmesan cheese in a medium bowl to blend. Gradually add 1/4 cup pasta cooking liquid.
- ☐ Add pasta to leeks in skillet.
- ☐ Pour egg mixture over pasta and stir (I put the skillet over extremely low heat) until sauce is just creamy and eggs are no longer raw, about 2 or 3 minutes. Be careful not to overcook, or the eggs will scramble.
- ☐ Add some of remaining 1/4 cup pasta cooking liquid if pasta is dry.
- ☐ Stir in the bacon and parsley.
- ☐ Serve pasta with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:23.05, Inflammation Score:-7, Nutrition Score:19.128695736761%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 528.94kcal (26.45%), Fat: 21.38g (32.89%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 61.49g (20.5%), Net Carbohydrates: 58.39g (21.23%), Sugar: 3.74g (4.15%), Cholesterol: 127.64mg (42.54%), Sodium: 506.28mg (22.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.66%), Selenium: 64.52µg (92.18%), Manganese: 0.89mg (44.36%), Vitamin K: 37.67µg (35.88%), Phosphorus: 330.7mg (33.07%), Vitamin A: 1082.5IU (21.65%), Vitamin B6: 0.35mg (17.68%), Calcium: 168.82mg (16.88%), Zinc: 2.35mg (15.68%), Magnesium: 62.22mg (15.55%), Copper: 0.3mg (14.89%), Vitamin B3: 2.87mg (14.36%), Vitamin B2: 0.24mg (14.32%), Iron: 2.56mg (14.22%), Folate: 55.26µg (13.81%), Vitamin B1: 0.2mg (13.61%), Fiber: 3.1g (12.41%), Potassium: 372.47mg (10.64%), Vitamin B5: 1mg (9.95%), Vitamin B12: 0.57µg (9.52%), Vitamin C: 6.67mg (8.08%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.71µg (4.71%)