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Chicken Carbonara Pasta In a Bread Bowl

A delicious and hearty pasta dish made with chicken, carbonara sauce, and served in a bread bowl. This recipe is perfect for a filling and satisfying meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
400 g	spaghetti
150 g	bacon
2 pieces	Eggs
100 g	Parmesan Cheese

2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
4 pieces	bread bowls

Directions

Step 1

Boiling

Cook the spaghetti according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Frying

In a large skillet, cook the bacon until crispy. Remove from skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Frying

In the same skillet, add the chicken and cook until browned and cooked through. Remove from skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

In a bowl, whisk together the eggs, Parmesan cheese, minced garlic, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stir-frying

Add the cooked spaghetti, bacon, and chicken to the skillet. Pour the egg mixture over the ingredients in the skillet and toss to coat everything evenly.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Cooking

Cook for an additional 2-3 minutes, until the sauce thickens and coats the pasta.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Preparation

Slice off the tops of the bread bowls and hollow out the inside. Fill each bread bowl with the chicken carbonara pasta mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

Stove

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Difficulty Level

Medium

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