

SPAGHETTI WITH SPINACH AND BACON



2 persons / 560 kcal per person

Ingredients:

- 130 grams of spaghetti
- 125 grams of smoked bacon strips
- 1 clove of garlic
- 1 medium onion
- 400 grams of fresh spinach
- 60 grams of sour cream
- pepper and salt

Preparation:

Cook the spaghetti according to the directions on the package. Chop the onion and garlic. Heat a large skillet without oil or butter and fry the bacon strips over medium heat for 7 minutes. Remove the bacon from the pan and drain on kitchen paper. Fry the onion and garlic for 1 minute in the remaining shortening. Add the spinach and let it shrink. Mix the spaghetti with the spinach and season with salt and pepper. Add the bacon and sour cream and mix.

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Nutritional value per person:

Energy:	560 kcal
Protein:	25.7 grams
Carbohydrates:	51.8 grams
- including sugars:	5.1 grams
Fat:	26.1 grams
Fiber:	7.2 grams
Salt:	1.3 grams