

Easy 3 Ingredient Bacon Carbonara

Yield: 1 min
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-konjac-recipe>

Ingredients:

- konjac Shirataki, or Tofu Noodles | 1 Package
- Spectrum Organic Mayonnaise | 1.5 Tbsp
- bacon | 2 slices
- fresh basil
- garlic powder
- pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 3 grams
8. Sodium: 270 milligrams
9. Sugar: 2 grams

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