“Sometimes even I don’t have time to make dinner,” says Ina Garten, host of the “Barefoot Contessa” cooking show, in the TV commercial. “So I’ve created Barefoot Contessa sauté dinners for two.” How considerate!

Take the Pasta Carbonara with Pancetta. It takes only 14 minutes to whip up the “linguine pasta in a creamy Parmesan sauce with spicy pancetta and sweet peas.”

Add 15 minutes to eat, and voilà! In just half an hour, you’ve cooked, chewed, and swallowed 720 calories, largely from a cream-based sauce and a pile of white-flour pasta. It’ll take a tad longer than that to work it all off.

And when your arteries will finish coping with more than a day’s saturated fat (24 grams) and half a day’s sodium (1,280 milligrams) is anyone’s guess. That’s if you eat only half the bag and ignore Ina’s advice to pair it with “tiramisu for dessert.”

“Nothing tastes better than a freshly cooked dinner made with great ingredients,” says the package. Great ingredients like the sodium nitrate and sodium nitrite in the pancetta? Or the carrageenan, mono- and diglycerides, polysorbate 80, modified corn starch, and disodium phosphate in the sauce?

The Contessa’s Penne Pasta with Five Cheeses (“grown-up Mac & Cheese”) is in the same ballpark—660 calories and 23 grams of sat fat, with 1,000 mg of sodium.

It’s so kind of Ina to worry that we won’t have time to make dinner. But we’ll manage just fine, thanks.

barefoot.contessa.com—(888) 832-8000

**quicktip**

Worried by reports of high levels of arsenic in rice? Cook it like pasta—boiled in plenty of extra water. When the rice is done to your liking (keep tasting it), drain and serve. Out with the water goes roughly half the arsenic.