



Brussels Sprout Carbonara with Fettuccini

READY IN



45 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 250 gr soup noodles dry (weight)
- 550 gr brussels sprouts cleaned chopped finely
- 2 shallots chopped finely
- 2 large cloves chopped finely
- 150 gr oz. bacon into pieces smoked chopped
- 2 eggs beaten
- 4 servings pepper black freshly ground
- 75 gr parmesan cheese finely grated
- 4 servings salt to taste

- 2 olive oil

Equipment

- frying pan
- stove
- tongs

Directions

- Heat the oil in a non-stick pan. When it reaches a medium high heat, add the shallots and garlic and saut for a minute.
- Add the sprouts, cook until they are browned and become a little softer (not too soft though, you dont want them to be mushy, but to retain a little bite). You can probably get going with cooking the pasta when the sprouts are nearly finished. Just follow the instructions on the packet for timings. The best way to cook pasta is to put it into a pan with plenty of boiling water and a good helping of salt.
- When the sprouts are cooked, move them to the outside area of the pan and add the bacon to the centre, allowing it to cook for a couple of minutes, turning a couple of times.
- When the bacon is cooked, mix it through the sprouts and give a good grind of black pepper and a little salt. Careful with salt as the bacon and the parmesan will also add a salty flavour.
- When the pasta is ready, bring your two pans close together on the stove. Then, with tongs, grab the pasta and drag it swiftly into the pan with the sprouts. By doing this you take in some of the pasta water. This water helps bind and create your sauce. You dont need much, in this case probably about 2 tablespoons worth. This dragging technique should ensure that you have enough.
- Turn the heat off under your sprouts and pasta.
- Add the egg (not directly on to the base of the pan but onto the pasta mixture) add the parmesan. Stir through quite quickly, this will create a creamy style sauce.
- Check for seasoning, and serve immediately with some extra parmesan sprinkled over the top if you wish.
- This works well with all sorts of pasta. The only type that doesnt work so well for a carbonara style dish is whole meal or gluten free varieties. These pastas seem to lack the starchy constituent that gives your sauce that creamy texture.
- Try using pecorino cheese instead of parmesan

Nutrition Facts

PROTEIN 26.8% FAT 27.72% CARBS 45.48%

Properties

Glycemic Index:34, Glycemic Load:21.55, Inflammation Score:-9, Nutrition Score:29.796956521739%

Flavonoids

Naringenin: 4.52mg, Naringenin: 4.52mg, Naringenin: 4.52mg, Naringenin: 4.52mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Taste

Sweetness: 30.29%, Saltiness: 100%, Sourness: 33.04%, Bitterness: 46.23%, Savoriness: 60.75%, Fattiness: 63.56%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 549.22kcal (27.46%), Fat: 17.25g (26.54%), Saturated Fat: 9.29g (58.08%), Carbohydrates: 63.69g (21.23%), Net Carbohydrates: 56g (20.36%), Sugar: 5.78g (6.42%), Cholesterol: 151.74mg (50.58%), Sodium: 1718.09mg (74.7%), Protein: 37.54g (75.07%), Vitamin K: 244.53µg (232.88%), Vitamin C: 117.88mg (142.88%), Selenium: 55.18µg (78.83%), Manganese: 1.17mg (58.42%), Phosphorus: 383.2mg (38.32%), Fiber: 7.68g (30.74%), Folate: 110.88µg (27.72%), Vitamin A: 1318.94IU (26.38%), Calcium: 254.77mg (25.48%), Vitamin B6: 0.49mg (24.31%), Potassium: 783.25mg (22.38%), Vitamin B2: 0.33mg (19.38%), Magnesium: 77.01mg (19.25%), Iron: 3.38mg (18.79%), Vitamin B1: 0.27mg (17.93%), Zinc: 2.61mg (17.39%), Copper: 0.31mg (15.65%), Vitamin B5: 1.13mg (11.31%), Vitamin E: 1.69mg (11.28%), Vitamin B3: 2.15mg (10.73%), Vitamin B12: 0.45µg (7.48%), Vitamin D: 0.53µg (3.56%)