



Bucatini alla Carbonara

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 ounces bucatini pasta uncooked (long hollow pasta)
- 3 large eggs lightly beaten
- 0.3 pound guanciale chopped
- 3 ounces pecorino romano cheese divided grated
- 1 tablespoon sea salt fine
- 6 quarts water

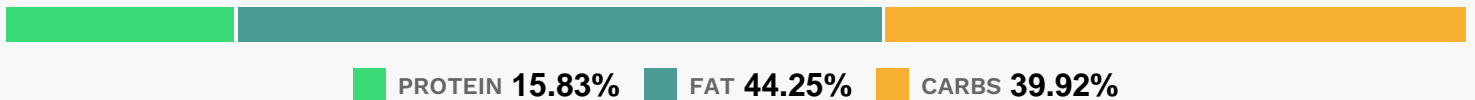
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Heat a large skillet over medium-high heat.
- Add guanciale; cook until crisp, stirring frequently.
- Remove from heat.
- Bring 6 quarts water and salt to a boil in an 8-quart pot.
- Add pasta to pot; stir. Cover; return water to a boil. Uncover and cook 10 minutes or until almost al dente.
- Drain pasta in a colander over a bowl, reserving 1/2 cup cooking water.
- Combine 1/4 cup reserved cooking water, 1/2 cup cheese, and remaining ingredients in a bowl, stirring well.
- Add egg mixture and pasta to guanciale.
- Place pan over low heat. Cook 5 minutes or until sauce thickens and pasta is al dente, tossing constantly. (Do not overcook or sauce will curdle.)
- Remove from heat. Stir in remaining 1/4 cup reserved cooking water; toss to combine.
- Place about 1 cup pasta mixture on each of 6 plates; top each serving with 2 teaspoons remaining cheese.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:17.17, Inflammation Score:-3, Nutrition Score:11.138260812863%

Nutrients (% of daily need)

Calories: 436.17kcal (21.81%), Fat: 21.23g (32.66%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 41.25g (15%), Sugar: 1.71g (1.9%), Cholesterol: 127.99mg (42.66%), Sodium: 1581.07mg (68.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.17%), Selenium: 45.57µg (65.1%), Manganese: 0.54mg (27.17%), Phosphorus: 264.52mg (26.45%), Calcium: 206.21mg (20.62%), Copper: 0.34mg (16.98%), Magnesium: 48.5mg (12.12%), Vitamin B2: 0.2mg (11.82%), Zinc: 1.59mg (10.58%), Fiber: 1.84g (7.34%), Iron: 1.3mg (7.23%), Vitamin B5: 0.69mg (6.89%), Vitamin B6: 0.14mg (6.77%), Vitamin B12: 0.38µg (6.35%), Folate: 22.96µg (5.74%), Potassium: 174.48mg (4.99%), Vitamin B3: 0.99mg (4.97%), Vitamin B1: 0.07mg (4.42%), Vitamin A: 194.28IU (3.89%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.36mg (2.39%)