



Bucatini Carbonara with Zucchini

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large eggs
- 1 garlic clove finely chopped
- 2 tablespoons olive oil
- 6 ounces pancetta sliced cut into 1/4-inch-wide strips
- 1 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper dried red crushed
- 0.5 cup whipping cream
- 1.5 pounds zucchini thinly sliced

Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot
- slotted spoon

Directions

- Cook pancetta in medium skillet over medium heat until brown, stirring often, about 8 minutes. Using slotted spoon, transfer pancetta to paper towels; drain.
- Pour off all but 2 tablespoons drippings from skillet.
- Add cream, garlic, and crushed pepper to drippings in skillet; bring to boil. Set aside.
- Heat oil in heavy large skillet over medium-high heat.
- Add zucchini; sauté until tender, stirring occasionally, about 10 minutes.
- Transfer to large plate. Season to taste with salt and pepper. (Pancetta, cream mixture, and zucchini can be made 2 hours ahead.
- Let stand at room temperature.)
- Cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- Drain well. Return pasta to pot.
- Meanwhile, place eggs in their shell in small bowl.
- Add enough hot water to cover.
- Let stand 5 minutes. Crack eggs into large bowl and whisk to blend. Bring cream mixture to boil in skillet. Gradually whisk hot cream mixture into eggs.
- Mix in 1/2 cup Parmesan cheese.
- Add sauce to pasta and toss over medium heat until sauce coats pasta (do not boil).
- Add pancetta and zucchini and toss to heat through. Season with salt and pepper.
- Serve, passing remaining cheese.

Nutrition Facts

PROTEIN 15.3% FAT 76.96% CARBS 7.74%

Properties

Glycemic Index:7.5, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:12.405217378036%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 353.08kcal (17.65%), Fat: 30.5g (46.92%), Saturated Fat: 12.44g (77.74%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.73g (2.08%), Sugar: 3.53g (3.92%), Cholesterol: 148.62mg (49.54%), Sodium: 530.81mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.28%), Selenium: 20.12µg (28.74%), Phosphorus: 251.6mg (25.16%), Vitamin C: 20.57mg (24.94%), Vitamin B2: 0.34mg (20%), Calcium: 195.21mg (19.52%), Vitamin A: 832.76IU (16.66%), Vitamin B6: 0.33mg (16.56%), Potassium: 439.79mg (12.57%), Zinc: 1.8mg (11.99%), Manganese: 0.23mg (11.75%), Vitamin B12: 0.62µg (10.35%), Folate: 40.8µg (10.2%), Vitamin E: 1.49mg (9.95%), Vitamin B1: 0.15mg (9.93%), Vitamin B5: 0.88mg (8.8%), Magnesium: 34.28mg (8.57%), Vitamin B3: 1.71mg (8.55%), Vitamin K: 8.77µg (8.36%), Vitamin D: 1.01µg (6.76%), Iron: 1.12mg (6.21%), Copper: 0.1mg (5.06%), Fiber: 1.17g (4.69%)