



Bucatini Carbonara with Zucchini

READY IN



45 min.

SERVINGS



6

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bucatini pasta
- ☐ 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

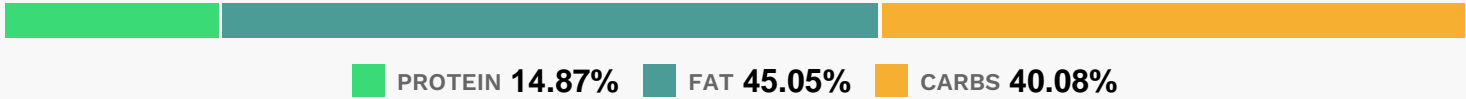
Equipment

- ☐ 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



Properties

Glycemic Index:14.5, Glycemic Load:23.1, Inflammation Score:-7, Nutrition Score:20.798695688662%

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: 633.55kcal (31.68%), Fat: 31.64g (48.68%), Saturated Fat: 12.65g (79.05%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 59.76g (21.73%), Sugar: 5.55g (6.16%), Cholesterol: 148.62mg (49.54%), Sodium: 535.35mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47%), Selenium: 67.89µg (96.99%), Manganese: 0.93mg (46.41%), Phosphorus: 394.48mg (39.45%), Vitamin C: 20.57mg (24.94%), Vitamin B2: 0.39mg (22.66%), Vitamin B6: 0.44mg (21.92%), Calcium: 211.09mg (21.11%), Zinc: 2.86mg (19.1%), Magnesium: 74.35mg (18.59%), Potassium: 608.37mg (17.38%), Vitamin A: 832.76IU (16.66%), Copper: 0.32mg (15.98%), Vitamin B3: 2.99mg (14.97%), Vitamin B1: 0.22mg (14.47%), Fiber: 3.59g (14.37%), Folate: 54.4µg (13.6%), Vitamin B5: 1.21mg (12.06%), Iron: 2.1mg (11.67%), Vitamin E: 1.58mg (10.5%), Vitamin B12: 0.62µg (10.35%), Vitamin K: 8.85µg (8.43%), Vitamin D: 1.01µg (6.76%)