



Butternut Squash Carbonara

♥♥ Popular

READY IN



45 min.

SERVINGS



2

CALORIES



943 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1 inch slices)
- ☐ 2 egg yolks
- ☐ 1 clove garlic chopped ()
- ☐ 2 tablespoons heavy cream
- ☐ 0.3 cup parmigiano reggiano
- ☐ 0.5 pound soup noodles
- ☐ 2 servings bell pepper to taste
- ☐ 1 tablespoon sage chopped ()

☐ 2 cups baby squash cut into small pieces)

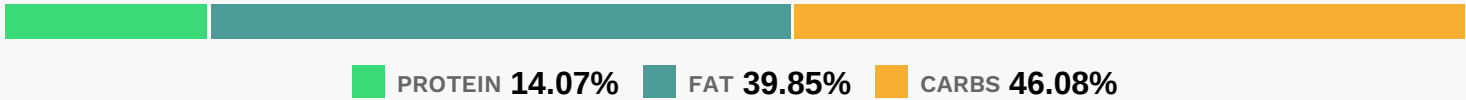
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Start boiling some water in a large pot to cook the pasta.
- ☐ Cook the bacon in a pan, set aside and drain all but a tablespoon of the grease.
- ☐ Add the squash to the pan, toss to coat in the bacon grease and saute until tender, about 8-10 minutes.
- ☐ Meanwhile, add the pasta to the boiling water and cook as directed on the package.
- ☐ Meanwhile, mix the egg yolk, heavy cream and parmigiano reggiano in a bowl.
- ☐ Drain the cooked pasta reserving some of the water.
- ☐ Add the garlic, sage and pepper to the squash and saute until fragrant, about a minute.
- ☐ Add the pasta and bacon to the pan and toss.
- ☐ Remove the pan from the heat and wait for the sizzling to stop.1
- ☐ Add the egg mixture and toss to coat.1
- ☐ Add a bit of the pasta water and toss to mix and coat.1
- ☐ Garnish with more sage & serve.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:35.22, Inflammation Score:-10, Nutrition Score:41.937826218812%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 942.85kcal (47.14%), Fat: 41.84g (64.38%), Saturated Fat: 16.47g (102.93%), Carbohydrates: 108.86g (36.29%), Net Carbohydrates: 100.62g (36.59%), Sugar: 9.89g (10.99%), Cholesterol: 263.41mg (87.8%), Sodium: 665.65mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.46%), Copper: 9.59mg (479.34%), Vitamin A: 17816.84IU (356.34%), Vitamin C: 125.32mg (151.9%), Selenium: 99.26µg (141.81%), Manganese: 1.75mg (87.48%), Phosphorus: 543.99mg (54.4%), Vitamin B6: 0.87mg (43.36%), Vitamin B3: 7.05mg (35.25%), Vitamin B1: 0.52mg (34.39%), Magnesium: 137.49mg (34.37%), Fiber: 8.24g (32.96%), Potassium: 1097.73mg (31.36%), Calcium: 303.03mg (30.3%), Folate: 120.28µg (30.07%), Vitamin E: 4.23mg (28.22%), Zinc: 3.64mg (24.28%), Vitamin B5: 2.29mg (22.93%), Vitamin B2: 0.38mg (22.52%), Iron: 4.02mg (22.31%), Vitamin B12: 0.86µg (14.25%), Vitamin D: 1.54µg (10.26%), Vitamin K: 6.15µg (5.86%)