



WHATSheATE

Cacio e Pepe

READY IN



45 min.

SERVINGS



2

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings kosher salt
- ☐ 6 ounces pasta like spaghetti (such as egg tagliolini, bucatini, or spaghetti)
- ☐ 0.3 cup pecorino cheese finely grated
- ☐ 1 teaspoon pepper black
- ☐ 3 tablespoons butter unsalted divided cubed

Equipment

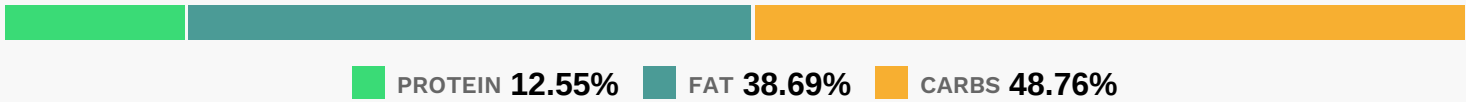
- ☐ bowl
- ☐ frying pan

☐ tongs

Directions

- ☐ Bring 3 quarts water to a boil in a 5 quartpot. Season with salt; add pasta and cook,stirring occasionally, until about 2 minutesbefore tender.
- ☐ Drain, reserving 3/4 cup pastacooking water.
- ☐ Meanwhile, melt 2 tablespoons butter in a large heavyskillet over medium heat.
- ☐ Add pepper and cook,swirling pan, until toasted, about 1 minute.
- ☐ Add 1/2 cup reserved pasta water to skillet andbring to a simmer.
- ☐ Add pasta and remainingbutter. Reduce heat to low and add Grana
- ☐ Padano, stirring and tossing with tongs untilmelted.
- ☐ Remove pan from heat; add Pecorino,stirring and tossing until cheese melts, saucecoats the pasta, and pasta is al dente. (
- ☐ Addmore pasta water if sauce seems dry.)
- ☐ Transferpasta to warm bowls and serve.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:25.82, Inflammation Score:-5, Nutrition Score:13.124782479328%

Nutrients (% of daily need)

Calories: 533.11kcal (26.66%), Fat: 22.84g (35.14%), Saturated Fat: 13.89g (86.81%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 61.79g (22.47%), Sugar: 2.41g (2.68%), Cholesterol: 62.48mg (20.83%), Sodium: 401.4mg (17.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.35%), Selenium: 56.43µg (80.61%), Manganese: 0.91mg (45.6%), Phosphorus: 294.03mg (29.4%), Calcium: 204.78mg (20.48%), Magnesium: 54.04mg (13.51%), Copper: 0.27mg (13.38%), Vitamin A: 599.43IU (11.99%), Fiber: 2.97g (11.9%), Zinc: 1.66mg (11.07%), Iron: 1.34mg (7.43%), Vitamin B3: 1.48mg (7.39%), Vitamin B2: 0.12mg (7.16%), Vitamin B6: 0.14mg (6.92%), Potassium: 222.36mg (6.35%), Vitamin B1: 0.08mg (5.66%), Vitamin B5: 0.47mg (4.74%), Folate: 17.28µg (4.32%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.22µg (3.71%), Vitamin K: 3.56µg (3.39%), Vitamin D: 0.4µg (2.66%)