



WHATSheATE

Cacio e Pepe

READY IN



45 min.

SERVINGS



2

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup grana padano cheese finely grated
- ☐ 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

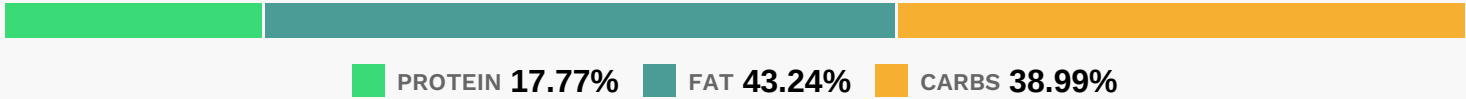
- ☐ bowl

- ☐ 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:64, Glycemic Load:26.14, Inflammation Score:-6, Nutrition Score:18.594347860502%

Nutrients (% of daily need)

Calories: 680.11kcal (34.01%), Fat: 32.53g (50.04%), Saturated Fat: 20.04g (125.27%), Carbohydrates: 65.97g (21.99%), Net Carbohydrates: 63g (22.91%), Sugar: 2.71g (3.01%), Cholesterol: 87.98mg (29.33%), Sodium: 1002.15mg (43.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.16%), Selenium: 64.86µg (92.66%), Calcium: 648.78mg (64.88%), Phosphorus: 554.28mg (55.43%), Manganese: 0.92mg (45.98%), Zinc: 2.69mg (17.94%), Vitamin A: 892.3IU (17.85%), Magnesium: 70.54mg (17.64%), Vitamin B2: 0.25mg (14.48%), Copper: 0.28mg (13.98%), Fiber: 2.97g (11.9%), Vitamin B12: 0.67µg (11.21%), Iron: 1.64mg (9.14%), Vitamin B6: 0.17mg (8.63%), Vitamin B3: 1.58mg (7.9%), Potassium: 256.86mg (7.34%), Vitamin B1: 0.1mg (6.63%), Vitamin B5: 0.64mg (6.44%), Folate: 19.9µg (4.98%), Vitamin E: 0.71mg (4.75%), Vitamin K: 4.2µg (4%), Vitamin D: 0.59µg (3.91%)