



Caesar Spaghetti

READY IN



20 min.

SERVINGS



4

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 fillet anchovy drained
- 4 servings pepper black freshly ground
- 2 large egg yolks
- 2 medium heads endive washed
- 4 large cloves garlic grated finely chopped
- 1 optional: lemon halved
- 0.3 teaspoon nutmeg freshly grated to taste
- 0.3 cup olive oil extra-virgin for drizzling
- 1 cup pecorino cheese grated

- 4 servings salt
- 1 pound pasta like spaghetti
- 2 teaspoons worcestershire sauce

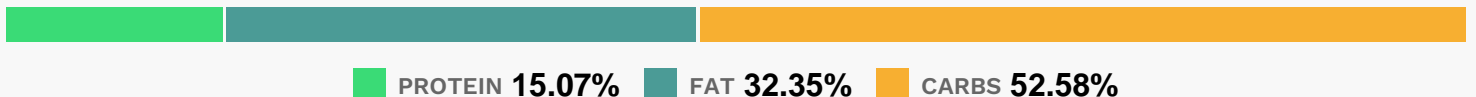
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of water to a boil over high heat. Once boiling, salt the water.
- Add the pasta and cook until just shy of al dente, according to package directions.
- Heads up: you need to reserve about 1 cup of the starchy cooking water just before draining.
- While the pasta is cooking, put a large skillet over medium-high heat and add the extra-virgin olive oil.
- Add the anchovies and cook until they've melted into the oil, about 2 minutes. Reduce the heat to medium-low and add the garlic, stir 1 minute then add in Worcestershire. Shred the escarole and add several handfuls at a time, wilting the greens in the garlic oil. Dress the greens with lots of pepper and a little nutmeg, then squeeze the juice of 1 lemon over the pan.
- Add the reserved starchy cooking water to the eggs in a small bowl and beat together to temper them. Turn off the heat and add the drained pasta and the egg mixture. Stir to combine.
- Add half of the cheese and toss vigorously for 1 minute. Dress the pasta with a drizzle of extra-virgin olive oil and transfer to a serving dish. Pass the remaining cheese at the table.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:35.05, Inflammation Score:-5, Nutrition Score:20.325651987739%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 687.63kcal (34.38%), Fat: 24.64g (37.9%), Saturated Fat: 7.39g (46.2%), Carbohydrates: 90.11g (30.04%), Net Carbohydrates: 85.6g (31.13%), Sugar: 4.3g (4.78%), Cholesterol: 121.4mg (40.47%), Sodium: 551.38mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Selenium: 82.8µg (118.29%), Manganese: 1.13mg (56.55%), Phosphorus: 459.19mg (45.92%), Calcium: 326.45mg (32.64%), Magnesium: 77.02mg (19.25%), Copper: 0.38mg (19.13%), Vitamin C: 15.67mg (19%), Fiber: 4.51g (18.06%), Zinc: 2.61mg (17.38%), Vitamin E: 2.43mg (16.19%), Vitamin B3: 2.86mg (14.32%), Iron: 2.56mg (14.23%), Vitamin B6: 0.28mg (14%), Vitamin B2: 0.23mg (13.77%), Potassium: 383.42mg (10.95%), Vitamin B1: 0.15mg (9.96%), Folate: 39.23µg (9.81%), Vitamin K: 10.26µg (9.77%), Vitamin B5: 0.96mg (9.63%), Vitamin B12: 0.48µg (8.05%), Vitamin A: 249.41IU (4.99%), Vitamin D: 0.58µg (3.89%)