



## Carbonara Deep-Dish Pasta-Crusted Pan Pizza

READY IN



26 min.

SERVINGS



4

CALORIES



1572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup cup heavy whipping cream
- 4 large eggs
- 1 handful flat-leaf parsley fresh finely chopped
- 3 cloves garlic grated chopped
- 2 packages linguini fresh
- 3 tablespoons olive oil extra-virgin
- 0.3 pound pancetta thick chopped
- 0.5 cup parmigiano-reggiano grated

- 0.5 teaspoon pepper flakes red crushed
- 2 cups ricotta cheese
- 4 servings salt
- 1 cup mozzarella cheese shredded

## Equipment

- frying pan
- oven
- pot

## Directions

- Preheat oven to 425 degrees F.
- Heat water for pasta in large pot, salt it and add pasta for 3 minutes.
- While water boils, heat a large skillet with extra-virgin olive oil, 3 turns of the pan, over medium-high heat.
- Add pancetta and brown, 3 to 4 minutes.
- Add garlic and red pepper flakes.
- Drain pasta, add to pan and toss. Stir in Parmigiano-Reggiano and season with salt and pepper. Beat eggs with cream and pour over top of pasta.
- Let eggs begin to set up, about 1 minute, and pat pasta into even layer to make the pizza pie crust.
- Place in oven and cook 5 to 6 minutes.
- Mix together the ricotta and parsley.
- Remove pie from oven and smooth the ricotta over the top. Scatter with the provolone or mozzarella and return to oven.
- Bake 8 minutes more until cheese is melted and golden at edges.
- Cut into wedges and serve.

## Nutrition Facts



■ PROTEIN 16.67% ■ FAT 38.3% ■ CARBS 45.03%

## Properties

Glycemic Index:54.25, Glycemic Load:69.06, Inflammation Score:-9, Nutrition Score:37.517826152884%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1571.87kcal (78.59%), Fat: 66.28g (101.98%), Saturated Fat: 30.28g (189.25%), Carbohydrates: 175.36g (58.45%), Net Carbohydrates: 167.96g (61.08%), Sugar: 7.83g (8.7%), Cholesterol: 332.19mg (110.73%), Sodium: 959.24mg (41.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.92g (129.84%), Selenium: 190.07µg (271.53%), Manganese: 2.16mg (107.79%), Phosphorus: 969.05mg (96.9%), Calcium: 649.33mg (64.93%), Vitamin B2: 0.81mg (47.7%), Zinc: 6.87mg (45.82%), Magnesium: 157.09mg (39.27%), Copper: 0.75mg (37.34%), Vitamin A: 1715.63IU (34.31%), Vitamin B12: 1.84µg (30.74%), Vitamin B6: 0.6mg (29.99%), Fiber: 7.39g (29.57%), Iron: 4.86mg (26.98%), Vitamin B3: 5.27mg (26.36%), Vitamin K: 26.73µg (25.46%), Potassium: 839.04mg (23.97%), Vitamin B5: 2.35mg (23.51%), Vitamin B1: 0.34mg (22.81%), Folate: 84.58µg (21.14%), Vitamin E: 3mg (20.02%), Vitamin D: 2.01µg (13.41%), Vitamin C: 2.21mg (2.68%)