



Chicken Carbonara

READY IN



42 min.

SERVINGS



6

CALORIES



1070 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 4 cups coarsely chicken shredded from 1 roasted chicken
- ☐ 8 large egg yolks
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 2 teaspoons olive oil
- ☐ 4 ounces pancetta thinly sliced chopped
- ☐ 1 cup parmesan freshly grated

- ☐ 0.3 cup parsley leaves fresh italian chopped
- ☐ 6 servings salt
- ☐ 1 pound pasta like spaghetti
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 2.5 cups whipping cream

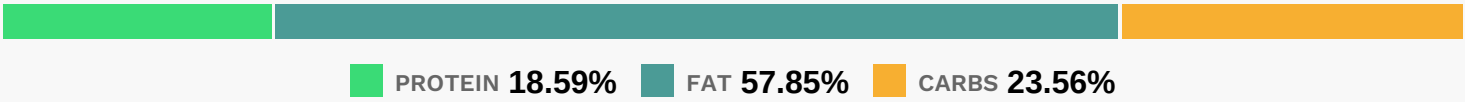
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy large frying pan over medium heat.
- ☐ Add the pancetta and garlic and saute until it is brown and crisp, about 8 minutes. Cool slightly.
- ☐ In a large bowl, whisk together the cream, cheese, yolks, basil, and parsley to blend.
- ☐ Meanwhile, bring a large pot of salted water to a boil over high heat.
- ☐ Add the spaghetti and cook until it is just tender but still firm to the bite, stirring occasionally, about 10 minutes.
- ☐ Drain.
- ☐ Add the chicken to the pan with the pancetta and stir to combine. Next, add the spaghetti and the cream mixture and toss over medium-low heat until the chicken is heated through and the sauce coats the spaghetti thickly, about 4 minutes (do not boil or you might end up scrambling the eggs). Season the pasta, to taste, with pepper and salt if needed (the pancetta will likely add all the salt you need).
- ☐ Transfer the pasta to a large wide serving bowl.
- ☐ Sprinkle the walnuts and lemon zest over, and serve.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:23.11, Inflammation Score:-9, Nutrition Score:31.007825830708%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1069.53kcal (53.48%), Fat: 68.67g (105.65%), Saturated Fat: 32.91g (205.67%), Carbohydrates: 62.93g (20.98%), Net Carbohydrates: 59.61g (21.68%), Sugar: 5.51g (6.12%), Cholesterol: 450.67mg (150.22%), Sodium: 700.01mg (30.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.64g (99.28%), Selenium: 94.59µg (135.13%), Phosphorus: 648.43mg (64.84%), Manganese: 1.11mg (55.31%), Vitamin B3: 9.68mg (48.39%), Vitamin K: 50.09µg (47.7%), Vitamin A: 2226.47IU (44.53%), Vitamin B6: 0.74mg (37%), Vitamin B2: 0.58mg (34.07%), Calcium: 338.55mg (33.85%), Zinc: 4.28mg (28.51%), Vitamin B5: 2.42mg (24.22%), Copper: 0.48mg (24.07%), Magnesium: 95.21mg (23.8%), Vitamin D: 2.97µg (19.8%), Iron: 3.56mg (19.77%), Vitamin B12: 1.17µg (19.43%), Vitamin B1: 0.28mg (18.85%), Potassium: 620.78mg (17.74%), Folate: 70.71µg (17.68%), Fiber: 3.32g (13.29%), Vitamin E: 1.99mg (13.26%), Vitamin C: 5.83mg (7.07%)