



Cinnamon-Pancetta Carbonara

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 6 large egg yolks
- ☐ 18 ounces fettuccine barilla fresh
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 slices pancetta chopped
- ☐ 1.5 cups parmesan freshly grated
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 cups whipping cream

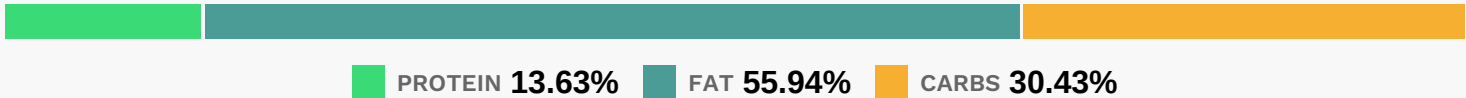
Equipment

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

Directions

- ☐ Saute the bacon and pancetta in a heavy large frying pan over medium heat until almost crisp, about 5 minutes.
- ☐ Sprinkle the cinnamon over the bacon and pancetta and saute until the bacon is crisp and golden, about 2 minutes longer. Cool.
- ☐ Whisk in the cream, cheese, and yolks to blend.
- ☐ Meanwhile, bring a large pot of salted water to a boil over high heat.
- ☐ Add the fettuccine and cook until it is just tender but still firm to the bite, stirring occasionally, about 3 minutes.
- ☐ Drain.
- ☐ Add the fettuccine to the cream mixture and toss over medium-low heat until the sauce coats the pasta thickly, about 5 minutes (do not boil). Season the pasta, to taste, with salt and pepper.
- ☐ Transfer the pasta to a large wide serving bowl.
- ☐ Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:25.67, Inflammation Score:-8, Nutrition Score:22.447825929393%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 849.9kcal (42.49%), Fat: 52.92g (81.41%), Saturated Fat: 28.17g (176.07%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 61.86g (22.5%), Sugar: 4.23g (4.7%), Cholesterol: 377.53mg (125.84%), Sodium: 606.88mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.02%), Selenium: 89.38µg (127.69%), Phosphorus: 526.13mg (52.61%), Calcium: 403.45mg (40.35%), Manganese: 0.78mg (38.8%), Vitamin A: 1712.52IU (34.25%), Vitamin B2: 0.42mg (24.66%), Zinc: 3.19mg (21.29%), Vitamin B12: 1.13µg (18.75%), Vitamin B6: 0.36mg (17.97%), Vitamin B1: 0.27mg (17.82%), Vitamin D: 2.66µg (17.76%), Magnesium: 70.25mg (17.56%), Vitamin B5: 1.74mg (17.38%), Copper: 0.3mg (14.78%), Vitamin B3: 2.88mg (14.41%), Folate: 55.48µg (13.87%), Iron: 2.5mg (13.86%), Fiber: 2.9g (11.6%), Vitamin E: 1.65mg (10.98%), Potassium: 376.58mg (10.76%), Vitamin K: 5.83µg (5.55%), Vitamin C: 1.06mg (1.29%)