



Claire's Spinach Carbonara

READY IN



30 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves
- ☐ 0.5 pound bacon cut into 1/2-inch chunks
- ☐ 1 cup parmigiano-reggiano grated plus more for garnish
- ☐ 2 teaspoons freshly cracked pepper black
- ☐ 4 servings salt
- ☐ 1 pound nests of spinach fettuccine fresh
- ☐ 1 large eggs whole at room temperature

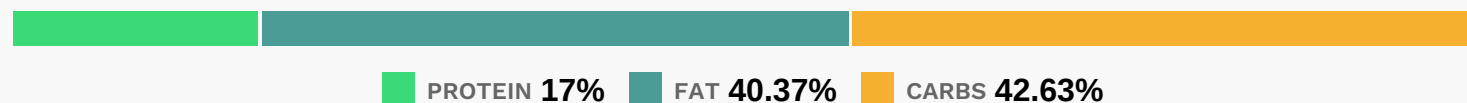
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of water to a boil over medium heat and salt generously.
- ☐ Put the bacon in a large high-sided skillet and cook over medium-high heat until crisp, about 10 minutes.
- ☐ Remove from the heat and reserve bacon in the pan.
- ☐ When the bacon is about halfway cooked, drop the pasta into the boiling water and cook about 4 minutes for fresh or according to the package instructions if using dried.
- ☐ Meanwhile, whisk the egg and yolks, 1 cup cheese and pepper together in a small bowl.
- ☐ When the pasta is ready, return the skillet with the bacon to medium heat. Using a ladle, slowly whisk about 1/2 cup pasta cooking water into the egg and cheese mixture until loosened. Reserve some additional cooking water.
- ☐ Drain the pasta and add it to the skillet.
- ☐ While tossing continually, slowly drizzle the egg mixture over the pasta until it is completely coated.
- ☐ Add more cooking water if pasta seems dry.
- ☐ Add the spinach leaves to the pan and toss until combined.
- ☐ Transfer the carbonara to a serving bowl and serve immediately with more cheese sprinkled over the top.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:34.32, Inflammation Score:-8, Nutrition Score:27.764782656794%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 789.53kcal (39.48%), Fat: 35.21g (54.17%), Saturated Fat: 13.41g (83.8%), Carbohydrates: 83.69g (27.9%), Net Carbohydrates: 79.36g (28.86%), Sugar: 2.43g (2.69%), Cholesterol: 195.58mg (65.19%), Sodium: 1007.54mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.72%), Selenium: 108.96µg (155.66%), Vitamin K: 75.11µg (71.53%), Manganese: 1.25mg (62.29%), Phosphorus: 553.94mg (55.39%), Calcium: 363.41mg (36.34%), Vitamin A: 1759.84IU (35.2%), Vitamin B1: 0.38mg (25.29%), Zinc: 3.72mg (24.82%), Magnesium: 97.35mg (24.34%), Vitamin B3: 4.85mg (24.25%), Vitamin B6: 0.47mg (23.28%), Copper: 0.4mg (20.24%), Iron: 3.21mg (17.85%), Folate: 70.11µg (17.53%), Fiber: 4.33g (17.3%), Vitamin B2: 0.28mg (16.68%), Vitamin B12: 1µg (16.59%), Vitamin B5: 1.61mg (16.13%), Potassium: 513.62mg (14.67%), Vitamin E: 1.14mg (7.62%), Vitamin D: 0.92µg (6.14%), Vitamin C: 4.22mg (5.11%)