



Collard Green Carbonara

READY IN



35 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices hickory-smoked bacon thick chopped
- 4 cups firmly collards fresh packed chopped
- 1 large pasteurized egg yolk lightly beaten
- 3 large pasteurized eggs lightly beaten
- 2 garlic cloves minced
- 1 teaspoon ground pepper black
- 1 teaspoon kosher salt
- 12 oz freshly parmigiano-reggiano cheese shredded
- 1 medium size onion red halved sliced

- 0.5 teaspoon pepper dried red crushed
- 12 ounces pasta like spaghetti uncooked

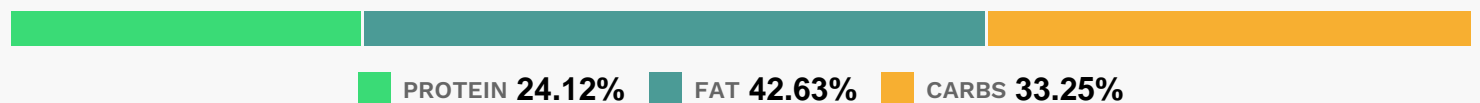
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Cook pasta according to package directions.
- Meanwhile, cook bacon in a large skillet over medium-high heat 5 to 6 minutes or until crisp; drain on paper towels, reserving drippings in skillet.
- Saut onion in hot drippings 4 to 5 minutes or until golden brown and tender.
- Add garlic; saut 1 minute.
- Add collards; saut 5 minutes.
- Remove from heat.
- Add bacon.
- Whisk together eggs, egg yolk, next 3 ingredients, and 2 1/2 cups cheese in a large bowl.
- Drain pasta, reserving 1/2 cup pasta water, and immediately pour hot pasta into egg mixture; toss to coat. (The heat from the pasta will partially cook the eggs.)
- Add collard mixture; toss to combine. Stir in enough pasta water to reach desired consistency.
- Sprinkle with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:13.52, Inflammation Score:-8, Nutrition Score:20.429130512735%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 440.28kcal (22.01%), Fat: 20.67g (31.81%), Saturated Fat: 10.1g (63.14%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 33.84g (12.3%), Sugar: 2.24g (2.49%), Cholesterol: 132.51mg (44.17%), Sodium: 1117.19mg (48.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.63%), Vitamin K: 80.11µg (76.29%), Selenium: 47.15µg (67.36%), Calcium: 574.46mg (57.45%), Phosphorus: 455.07mg (45.51%), Manganese: 0.59mg (29.51%), Vitamin A: 1412.3IU (28.25%), Vitamin B2: 0.31mg (18.03%), Zinc: 2.33mg (15.56%), Vitamin B12: 0.8µg (13.35%), Magnesium: 52.63mg (13.16%), Folate: 48.48µg (12.12%), Vitamin B6: 0.24mg (12.06%), Fiber: 2.44g (9.75%), Vitamin C: 7.61mg (9.22%), Copper: 0.18mg (8.96%), Vitamin B5: 0.89mg (8.93%), Vitamin B1: 0.13mg (8.65%), Iron: 1.53mg (8.5%), Vitamin B3: 1.69mg (8.44%), Potassium: 262.06mg (7.49%), Vitamin E: 0.92mg (6.16%), Vitamin D: 0.77µg (5.12%)