



## Country Ham Carbonara

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 cup country ham chopped
- ☐ 2 pasteurized egg yolks
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 tablespoons olive oil
- ☐ 2 oz freshly parmesan cheese shredded
- ☐ 0.5 teaspoon freshly cracked pepper

☐ 2 shallots thinly sliced

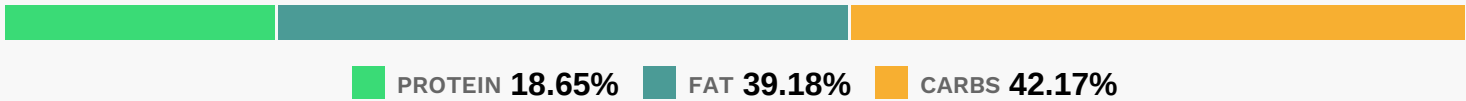
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook pasta according to package directions; drain, reserving 1 1/2 cups hot pasta water.
- ☐ Cook ham in hot oil in a large skillet over medium-high heat 4 to 5 minutes or until crisp.
- ☐ Remove ham, reserving drippings in skillet.
- ☐ Drain on paper towels.
- ☐ Saut shallots in hot drippings 3 to 4 minutes or until tender. Stir in garlic; saut 1 minute.
- ☐ Add reserved pasta water to shallots and garlic; bring to boil. Stir in hot cooked pasta, and remove from heat. Stir in egg yolks, 1 at a time.
- ☐ Reduce heat to medium, and cook, stirring constantly, 2 to 3 minutes or until creamy.
- ☐ Remove from heat; add cooked ham, Parmesan cheese, and remaining ingredients.
- ☐ Sprinkle with additional Parmesan cheese, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:19.93, Inflammation Score:-6, Nutrition Score:19.633478164673%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 468.77kcal (23.44%), Fat: 20.35g (31.31%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 46.53g (16.92%), Sugar: 2.43g (2.7%), Cholesterol: 176.69mg (58.9%), Sodium: 560.07mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.58%), Selenium: 64.85µg (92.64%), Vitamin K: 59.36µg (56.54%), Phosphorus: 356.61mg (35.66%), Manganese: 0.66mg (33.17%), Calcium: 218.33mg (21.83%), Vitamin B1: 0.3mg (20.18%), Vitamin B6: 0.35mg (17.51%), Zinc: 2.55mg (16.97%), Magnesium: 54.54mg (13.64%), Vitamin B3: 2.64mg (13.22%), Vitamin B2: 0.22mg (12.95%), Vitamin A: 632.7IU (12.65%), Iron: 2.26mg (12.57%), Copper: 0.25mg (12.48%), Vitamin B12: 0.7µg (11.64%), Folate: 44.68µg (11.17%), Vitamin B5: 1.1mg (11.03%), Fiber: 2.76g (11.02%), Vitamin E: 1.64mg (10.92%), Potassium: 328mg (9.37%), Vitamin C: 6.77mg (8.2%), Vitamin D: 0.93µg (6.21%)