



Crispy bacon & sausage carbonara

READY IN



25 min.

SERVINGS



4

CALORIES



997 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g penne pasta
- ☐ 4 sausage
- ☐ 8 slices bacon
- ☐ 1 onion finely chopped
- ☐ 3 large egg yolk
- ☐ 4 tbsp single cream
- ☐ 85 g parmesan finely grated
- ☐ 1 small bunch parsley finely chopped

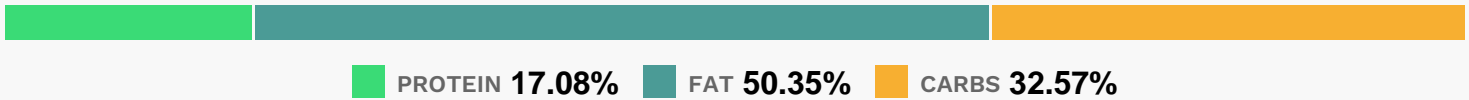
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Cook the pasta following pack instructions. Meanwhile, squeeze the meat out of the sausage casings and, with damp or lightly oiled hands, roll into small-ish balls.
- ☐ Heat a frying pan and cook the bacon or pancetta until really crispy.
- ☐ Remove and keep warm. Fry the sausageballs until golden and cooked through, remove and keep warm (a low oven is good for this). Cook the onion in the fat from the bacon and sausageballs (tip some out if you need to) until soft.
- ☐ In a small bowl, mix the egg yolks, cream, most of the Parmesan and most of the parsley with lots of black pepper and a pinch of salt.
- ☐ Drain the pasta, reserving a ladle of water. Tip the pasta back into the pan, off the heat, and add the egg mix, onions and sausageballs.
- ☐ Mix well, adding some pasta water until you have a sauce that coats the pasta. Tip into bowls, scatter over the remaining parsley and Parmesan, and top with the bacon.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:30.91, Inflammation Score:-9, Nutrition Score:32.421739329462%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 997.16kcal (49.86%), Fat: 55.17g (84.87%), Saturated Fat: 21.24g (132.75%), Carbohydrates: 80.29g (26.76%), Net Carbohydrates: 76.15g (27.69%), Sugar: 4.22g (4.68%), Cholesterol: 259.04mg (86.35%), Sodium: 1198.6mg (52.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.09g (84.19%), Vitamin K: 235.11µg (223.91%), Selenium: 84.19µg (120.27%), Phosphorus: 589.7mg (58.97%), Manganese: 1mg (49.79%), Vitamin B3: 7.75mg (38.76%), Vitamin A: 1782.77IU (35.66%), Vitamin B1: 0.5mg (33.63%), Calcium: 335.24mg (33.52%), Zinc: 4.89mg (32.59%), Vitamin B6: 0.63mg (31.66%), Vitamin C: 21.67mg (26.27%), Vitamin B12: 1.48µg (24.6%), Magnesium: 91.09mg (22.77%), Vitamin B2: 0.38mg (22.2%), Iron: 3.89mg (21.62%), Copper: 0.41mg (20.66%), Potassium: 688.01mg (19.66%), Vitamin B5: 1.85mg (18.53%), Folate: 66.44µg (16.61%), Fiber: 4.14g (16.55%), Vitamin D: 2.17µg (14.44%), Vitamin E: 1.08mg (7.21%)