






 **26%**  
HEALTH SCORE

# Fettucine Carbonara with Fried Eggs

 **Gluten Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**501 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 medium bunch broccoli rabe cut into 1/2-inch pieces
- 12 ounces eggs
- 8 large eggs
- 2 garlic clove minced
- 4 ounces pancetta italian thinly sliced finely chopped (bacon)
- 0.7 cup parmesan cheese grated
- 0.3 cup pecorino cheese grated

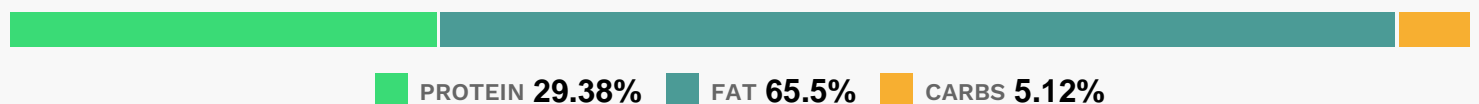
## Equipment

- bowl
- frying pan
- whisk
- pot
- slotted spoon

## Directions

- Whisk 4 eggs, both cheeses, garlic, and 1/2 teaspoon pepper in medium bowl; set aside. Cook pancetta in large nonstick skillet over medium heat until crisp, about 7 minutes. Using slotted spoon, transfer to small bowl. Reserve skillet with drippings.
- Cook pasta in large pot of boiling salted water until almost tender (about 3 minutes less than package directions); add broccolirabe. Cook just until broccoli rabe is crisp tender and pasta is tender, about 3 minutes longer.
- Drain pasta-broccoli rabe mixture, reserving 1/2 cup cooking liquid. Return hot pasta-broccoli rabe mixture to pot (off heat). Immediately add egg-cheese mixture, pancetta, and 1/4 cup hot cooking liquid; toss to combine, adding more cooking liquid by tablespoonfuls to moisten as needed. Season to taste with salt and more pepper, if desired. Cover to keep warm.
- Heat skillet with drippings over medium heat. Crack remaining 4 eggs into skillet; sprinkle with salt and pepper and cook until whites are opaque, about 2 minutes. Carefully turn eggs over; cook just until whites are set but yolks are still soft, about 1 minute longer.
- Remove from heat. Top pasta with eggs and serve.
- \* A vegetable with clusters of tiny broccoli-like florets; available at some supermarkets and at specialty foods stores.

## Nutrition Facts



## Properties

Glycemic Index: 30.25, Glycemic Load: 0.28, Inflammation Score: -9, Nutrition Score: 32.419999972634%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## **Nutrients (% of daily need)**

Calories: 500.55kcal (25.03%), Fat: 36.05g (55.47%), Saturated Fat: 13.62g (85.14%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 4.71g (1.71%), Sugar: 0.99g (1.1%), Cholesterol: 730.26mg (243.42%), Sodium: 861.06mg (37.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.39g (72.78%), Vitamin K: 128.02µg (121.92%), Selenium: 70.34µg (100.49%), Phosphorus: 620.15mg (62.02%), Vitamin B2: 1.03mg (60.7%), Vitamin A: 2671.43IU (53.43%), Calcium: 405.89mg (40.59%), Vitamin B12: 2.11µg (35.12%), Folate: 135.54µg (33.88%), Vitamin B5: 3.28mg (32.78%), Zinc: 4.11mg (27.42%), Iron: 4.75mg (26.4%), Vitamin B6: 0.53mg (26.33%), Vitamin D: 3.94µg (26.26%), Vitamin E: 3.09mg (20.59%), Manganese: 0.35mg (17.55%), Vitamin B1: 0.25mg (16.98%), Vitamin C: 11.88mg (14.4%), Potassium: 469.41mg (13.41%), Magnesium: 48.09mg (12.02%), Vitamin B3: 2mg (10.01%), Copper: 0.19mg (9.29%), Fiber: 1.62g (6.48%)