

Fresh Cavatelli with Eggs & Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



894 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1.5 pounds cavatelli pasta dried fresh
- 5 large eggs
- 2 cups fontina shredded
- 0.3 teaspoon kosher salt plus more for the pasta pot
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 stick bacon
- 1 large soup noodles
- 8 ounces bacon thick-cut cut in 1/2-inch pieces

Equipment

- bowl
- frying pan
- pot

Directions

- Fill a large pot with salted water (at least 6 quarts water with 1 tablespoon salt), and heat to a boil.
- Pour the olive oil into the skillet, and set it over medium-high heat. Drop in the butter, let it melt, then scatter in the bacon pieces. Cook the bacon, stirring and tossing the pieces, for 5 minutes or so, until they're crisp and caramelized. (If the bacon rendered lots of fat, you can pour off half the fat in the pan.)
- Beat the eggs and 1/4 teaspoon salt in a bowl until well blended.
- When the water is at a rolling boil, drop in the cavatelli, stir, and return the water to a boil. Cook the cavatelli 4 to 5 minutes, until al dente, lift them from the pot, drain briefly, and spill them into the skillet.
- Over medium heat, toss the cavatelli with the bacon pieces, coating the pasta with the oil, butter, and bacon fat, too.
- Pour the beaten eggs all over the pasta, stirring and tumbling them together; keep scraping the coagulating egg from the sides and bottom of the pan, and incorporate it in with the wet eggs. Cook for a minute or two, just until all the egg is lightly cooked and custardy and evenly scrambled into the cavatelli.
- Turn off the heat, scatter the shredded fontina over the eggs and pasta, and toss thoroughly to blend in the cheese as it melts.
- Serve immediately.
- From Lidia Cooks from the Heart of Italy: A Feast of 175 Regional Recipes by Lidia Matticchio Bastianich and Tanya Bastianich Manuali. Published by Knopf. Copyright © 2009 by Lidia Matticchio Bastianich and Tanya Bastianich Manuali.

Nutrition Facts



■ PROTEIN 16.51% ■ FAT 43.65% ■ CARBS 39.84%

Properties

Glycemic Index:26.83, Glycemic Load:35.03, Inflammation Score:-6, Nutrition Score:21.912608664969%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 894.46kcal (44.72%), Fat: 42.91g (66.02%), Saturated Fat: 18.16g (113.51%), Carbohydrates: 88.14g (29.38%), Net Carbohydrates: 84.42g (30.7%), Sugar: 3.94g (4.38%), Cholesterol: 241.19mg (80.4%), Sodium: 798.16mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.52g (73.03%), Selenium: 100.25µg (143.22%), Manganese: 1.09mg (54.33%), Phosphorus: 510.3mg (51.03%), Calcium: 292.84mg (29.28%), Zinc: 4.17mg (27.8%), Vitamin B2: 0.38mg (22.49%), Vitamin B12: 1.31µg (21.81%), Copper: 0.39mg (19.63%), Magnesium: 77.36mg (19.34%), Vitamin B6: 0.37mg (18.69%), Vitamin B3: 3.61mg (18.05%), Vitamin B1: 0.24mg (15.72%), Vitamin B5: 1.54mg (15.45%), Vitamin A: 757.39IU (15.15%), Fiber: 3.71g (14.86%), Iron: 2.52mg (14.02%), Potassium: 421.35mg (12.04%), Vitamin E: 1.63mg (10.85%), Folate: 43.26µg (10.81%), Vitamin D: 1.25µg (8.33%), Vitamin K: 4.52µg (4.31%)