



Lemon-Pepper Fettuccine

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large egg yolk
- ☐ 12 ounces fettuccine barilla
- ☐ 1.3 cups heavy cream
- ☐ 4 servings kosher salt
- ☐ 1 teaspoons lemon zest finely grated
- ☐ 0.3 cup pecorino cheese grated plus more for garnish
- ☐ 4 servings pepper freshly ground
- ☐ 1 large shallots minced
- ☐ 1 tablespoon butter unsalted

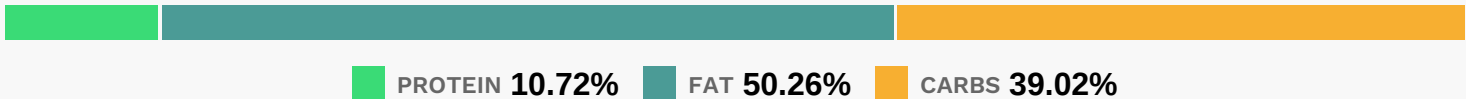
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the fettuccine and cook as the label directs.
- ☐ Drain, reserving about 1/2 cup cooking water.
- ☐ Meanwhile, melt the butter in a skillet over medium heat.
- ☐ Add the shallot and a pinch of salt and cook, stirring occasionally, until lightly golden, about 3 minutes.
- ☐ Whisk the cream, egg yolk and lemon zest in a bowl. Reduce the heat to low and add the cream mixture and cheese to the skillet. Cook, whisking, until slightly thickened, about 2 minutes. Season with salt and 2 to 3 teaspoons pepper.
- ☐ Add the pasta to the skillet and toss, adding enough of the reserved cooking water to loosen the sauce. Divide among bowls and garnish with more pecorino.
- ☐ Serve with crusty bread, if desired.
- ☐ Photograph by Antinos Achilleos

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:25.78, Inflammation Score:-7, Nutrition Score:17.204782574073%

Nutrients (% of daily need)

Calories: 655.48kcal (32.77%), Fat: 36.85g (56.69%), Saturated Fat: 21.74g (135.89%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 61.29g (22.29%), Sugar: 4.37g (4.86%), Cholesterol: 217.58mg (72.53%), Sodium:

334.96mg (14.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.37%), Selenium: 72.96µg (104.22%), Manganese: 0.76mg (38.18%), Phosphorus: 332.82mg (33.28%), Vitamin A: 1330.42IU (26.61%), Calcium: 177.39mg (17.74%), Vitamin B2: 0.27mg (16.04%), Magnesium: 59.8mg (14.95%), Zinc: 2.16mg (14.37%), Copper: 0.27mg (13.73%), Vitamin B6: 0.25mg (12.73%), Fiber: 3.08g (12.34%), Vitamin D: 1.77µg (11.79%), Vitamin B1: 0.17mg (11.62%), Vitamin B5: 1.15mg (11.53%), Iron: 1.96mg (10.9%), Vitamin B3: 1.86mg (9.29%), Folate: 36.74µg (9.18%), Vitamin B12: 0.55µg (9.13%), Potassium: 313.86mg (8.97%), Vitamin E: 1.21mg (8.09%), Vitamin K: 3.48µg (3.31%), Vitamin C: 1.59mg (1.93%)