

Linguine Carbonara

READY IN



45 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon sliced thin
- 2 tablespoons butter
- 2 eggs
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 0.8 pound pasta
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese grated plus more for serving

- 0.5 cup red wine
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- In a small stainless-steel frying pan, heat the oil and butter over moderate heat.
- Add the bacon and cook until brown but not crisp, about 4 minutes.
- Add the garlic, wine, and pepper. Simmer until the wine is reduced to 2 tablespoons, about 3 minutes.
- Remove from the heat. In a large bowl, whisk together the eggs, cheese, and salt.
- In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes.
- Drain the pasta, add it to the egg-and-cheese mixture, and toss quickly.
- Pour the bacon mixture over the linguine.
- Add the parsley and toss just until mixed.
- Serve immediately with additional Parmesan.
- Variation: Classic Linguine Carbonara: This carbonara would be equally delicious (and more authentic) using the same quantity of pancetta in place of the bacon. You can also substitute white wine for the red if you prefer.
- Wine Recommendation: An uncomplicated, fairly acidic and non-oaky white wine will cut through the richness of the bacon, eggs, and cheese in this dish. Either a vernaccia or a pinot bianco from Italy fits the bill.

Nutrition Facts



PROTEIN 13.55% FAT 43.93% CARBS 42.52%

Properties

Glycemic Index:50.25, Glycemic Load:25.84, Inflammation Score:-6, Nutrition Score:18.230434853098%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 658.99kcal (32.95%), Fat: 30.84g (47.44%), Saturated Fat: 11.2g (70.02%), Carbohydrates: 67.15g (22.38%), Net Carbohydrates: 64.26g (23.37%), Sugar: 2.58g (2.87%), Cholesterol: 126.48mg (42.16%), Sodium: 781.23mg (33.97%), Alcohol: 3.18g (100%), Alcohol %: 2.05% (100%), Protein: 21.4g (42.8%), Selenium: 70.94µg (101.34%), Manganese: 0.9mg (45.02%), Vitamin K: 38.42µg (36.59%), Phosphorus: 336.81mg (33.68%), Zinc: 2.45mg (16.33%), Calcium: 153.01mg (15.3%), Magnesium: 61.04mg (15.26%), Copper: 0.29mg (14.64%), Vitamin B6: 0.28mg (14.11%), Vitamin B2: 0.23mg (13.73%), Vitamin B3: 2.72mg (13.61%), Vitamin A: 582.93IU (11.66%), Vitamin B1: 0.17mg (11.59%), Fiber: 2.88g (11.53%), Vitamin E: 1.7mg (11.33%), Iron: 2.02mg (11.21%), Potassium: 359.48mg (10.27%), Vitamin B5: 0.94mg (9.39%), Vitamin B12: 0.52µg (8.64%), Folate: 30.04µg (7.51%), Vitamin D: 0.62µg (4.11%), Vitamin C: 3.13mg (3.79%)