



Linguine Carbonara

READY IN



45 min.

SERVINGS



2

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 large eggs
- 1 tablespoon parsley fresh chopped
- 1 garlic clove minced
- 4 ounces pasta uncooked
- 0.5 cup milk 1% low-fat
- 0.3 cup onion finely chopped
- 1.5 ounces pancetta chopped
- 3 tablespoons parmesan cheese fresh grated

0.1 teaspoon salt

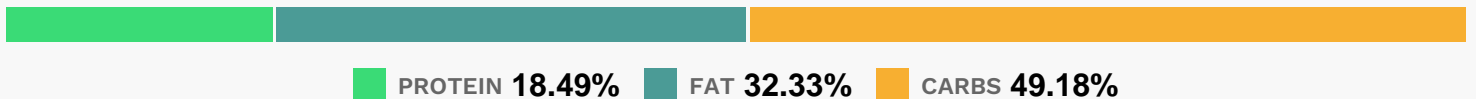
Equipment

- bowl
- frying pan
- whisk
- colander

Directions

- Cook pasta according to the package directions, omitting salt and fat.
- Drain pasta in a colander over a bowl, reserving 1/4 cup cooking liquid.
- Combine milk and next 4 ingredients (through pepper) in a small bowl; set milk mixture aside.
- Heat a medium nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pancetta to pan; saut 3 minutes or until lightly browned.
- Add onion and garlic to pan; saut 3 minutes or until onion is lightly browned. Reduce heat to medium-low.
- Add milk mixture and pasta to pan; toss gently to coat.
- Place egg in a small bowl; stir with a whisk. Gradually add 1/4 cup reserved hot cooking liquid, stirring constantly with a whisk. Gradually add egg mixture to pan, stirring constantly; cook 4 minutes or until sauce is thick and creamy.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:17.67, Inflammation Score:-5, Nutrition Score:15.580869581388%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 400.81kcal (20.04%), Fat: 14.22g (21.87%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 46.38g (16.87%), Sugar: 5.47g (6.08%), Cholesterol: 115.08mg (38.36%), Sodium: 470.36mg (20.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.58%), Selenium: 51.03µg (72.9%), Vitamin K: 33.43µg (31.84%), Phosphorus: 309.55mg (30.96%), Manganese: 0.6mg (30.15%), Calcium: 200.83mg (20.08%), Vitamin B2: 0.28mg (16.6%), Vitamin B6: 0.27mg (13.33%), Vitamin B12: 0.78µg (12.98%), Zinc: 1.91mg (12.72%), Magnesium: 49.57mg (12.39%), Vitamin B1: 0.17mg (11.35%), Copper: 0.21mg (10.54%), Vitamin B5: 1.04mg (10.36%), Potassium: 351.73mg (10.05%), Vitamin B3: 1.99mg (9.93%), Vitamin A: 486.78IU (9.74%), Fiber: 2.28g (9.13%), Iron: 1.53mg (8.49%), Vitamin D: 1.27µg (8.48%), Folate: 30.57µg (7.64%), Vitamin C: 4.61mg (5.59%), Vitamin E: 0.47mg (3.11%)