



## Orrechiette Carbonara

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices bacon diced
- 2 large eggs room temperature
- 2 medium leek white green halved lengthwise ( and pale parts only)
- 10 ounces orecchiette ear-shaped (little pasta)
- 0.5 cup parmesan cheese freshly grated for serving
- 1 tablespoon parsley fresh italian chopped

## Equipment

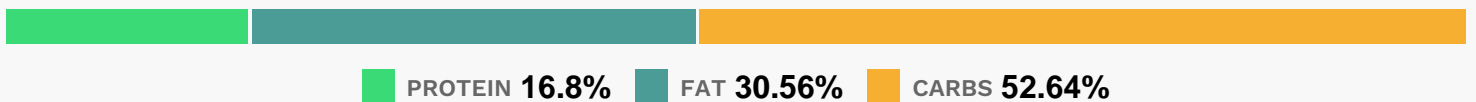
- bowl

- frying pan
- paper towels
- whisk
- pot
- slotted spoon

## Directions

- Cook bacon in large skillet over medium heat until crisp, about 8 minutes. Using slotted spoon, transfer bacon to paper towel to drain.
- Pour off all but 2 tablespoons fat from skillet if necessary.
- Add leeks and sauté over medium heat until tender, about 6 minutes. Set aside.
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Drain pasta, reserving 1/2 cup pasta cooking liquid.
- Whisk eggs and 1/2 cup Parmesan in medium bowl to blend; gradually whisk in 1/4 cup pasta cooking liquid.
- Add pasta to leeks in skillet and stir to heat.
- Remove skillet from heat.
- Pour egg mixture over pasta and stir until sauce is just creamy and eggs are no longer raw, about 2 minutes. (Return skillet to very low heat if egg mixture is runny; do not overcook or eggs will curdle.)
- Add some of remaining 1/4 cup pasta cooking liquid to pasta if needed to moisten. Stir in bacon and parsley.
- Serve pasta, passing additional cheese separately.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:23.05, Inflammation Score:-7, Nutrition Score:18.265652262646%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

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

Calories: 470.56kcal (23.53%), Fat: 15.82g (24.34%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 58.21g (21.17%), Sugar: 3.74g (4.15%), Cholesterol: 118.39mg (39.47%), Sodium: 413.6mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.13%), Selenium: 61.71µg (88.16%), Manganese: 0.89mg (44.28%), Vitamin K: 37.67µg (35.88%), Phosphorus: 310.54mg (31.05%), Vitamin A: 1077.32IU (21.55%), Calcium: 168.12mg (16.81%), Vitamin B6: 0.32mg (15.82%), Magnesium: 60.54mg (15.13%), Copper: 0.29mg (14.6%), Zinc: 2.19mg (14.58%), Iron: 2.5mg (13.9%), Folate: 55.26µg (13.81%), Vitamin B2: 0.23mg (13.65%), Fiber: 3.1g (12.41%), Vitamin B3: 2.31mg (11.55%), Vitamin B1: 0.17mg (11.03%), Potassium: 344.75mg (9.85%), Vitamin B5: 0.92mg (9.18%), Vitamin B12: 0.5µg (8.35%), Vitamin C: 6.67mg (8.08%), Vitamin E: 0.92mg (6.1%), Vitamin D: 0.65µg (4.34%)