



WHATSheATE



Pasta alla Carbonara

READY IN



30 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic minced peeled
- ☐ 1 pound pasta
- ☐ 4 tablespoon olive oil
- ☐ 1 cup blanched peas fresh
- ☐ 4 servings cracked pepper black
- ☐ 0.5 cup ricotta cheese at room temperature ()
- ☐ 1 cup pecornio romano grated
- ☐ 4 servings salt
- ☐ 5 slice extra-thick bacon cut into ½ segents

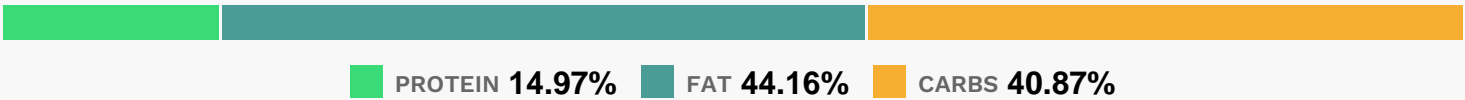
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the bacon, olive oil and garlic in a large heavy bottomed skillet over medium-low heat, stirring occasionally, until it begins to render some fat. About 6 minutes.In a medium-sized bowl lightly beat the eggs and ricotta together.Bring a large pot of water to a boil.
- ☐ Add 2 tablespoons salt and the pasta. Stir and cook according to package directions until al dente.Raise the heat under the bacon to medium-high, and cook the bacon until crispy on the edges, but still chewy in the center. Turn of the heat.
- ☐ Drain the pasta and transfer it to the skillet with the bacon. The pan should still be hot enough that the pasta sizzles.
- ☐ Add the peas and the egg ricotta mixture. Toss the pasta distributing the cheese and cooking the egg somewhat.
- ☐ Add most of the Pecorino Romano.
- ☐ Serve in warm bowls with a good grinding of black pepper and extra Pecorino Romano on the side.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:36.02, Inflammation Score:-7, Nutrition Score:24.063043563262%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 913.54kcal (45.68%), Fat: 44.48g (68.44%), Saturated Fat: 15.11g (94.42%), Carbohydrates: 92.63g (30.88%), Net Carbohydrates: 86.9g (31.6%), Sugar: 5.36g (5.95%), Cholesterol: 71.51mg (23.84%), Sodium: 826.77mg (35.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.93g (67.86%), Selenium: 89.6µg (128%), Manganese: 1.23mg (61.3%), Phosphorus: 558.56mg (55.86%), Calcium: 367.36mg (36.74%), Zinc: 3.59mg (23.96%), Fiber: 5.74g (22.94%), Magnesium: 91.49mg (22.87%), Vitamin B3: 4.55mg (22.77%), Vitamin B1: 0.34mg (22.5%), Copper: 0.43mg (21.41%), Vitamin B6: 0.39mg (19.31%), Vitamin B2: 0.31mg (18.02%), Vitamin C: 14.73mg (17.86%), Vitamin K: 18.6µg (17.71%), Vitamin E: 2.47mg (16.5%), Iron: 2.6mg (14.47%), Potassium: 488.99mg (13.97%), Folate: 49.48µg (12.37%), Vitamin A: 536.28IU (10.73%), Vitamin B12: 0.61µg (10.17%), Vitamin B5: 0.95mg (9.54%), Vitamin D: 0.37µg (2.45%)