



Pasta Cacio e Pepe

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound pasta
- 1 cup pecorino cheese grated
- 2 teaspoons peppercorns smoked
- 4 servings salt
- 2 tablespoons butter unsalted

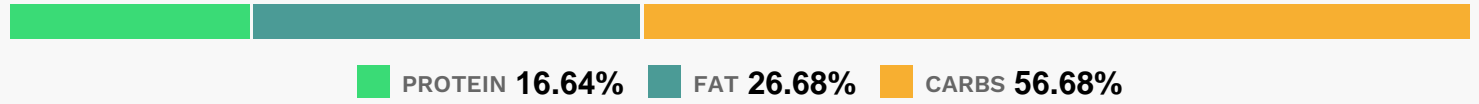
Equipment

- pot

Directions

- In a pot of boiling salted water, cook the pasta until al dente.
- Drain, reserving 2/3 cup of the cooking water; return the pasta to the pot.
- Add the cheese, butter, pepper and cooking water and toss. Season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:26.05, Inflammation Score:-4, Nutrition Score:14.291739256486%

Nutrients (% of daily need)

Calories: 467.99kcal (23.4%), Fat: 13.77g (21.18%), Saturated Fat: 8.14g (50.88%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 62.55g (22.74%), Sugar: 2.47g (2.75%), Cholesterol: 41.05mg (13.68%), Sodium: 500.1mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.66%), Selenium: 57.55µg (82.22%), Manganese: 1.07mg (53.31%), Phosphorus: 355.9mg (35.59%), Calcium: 295.41mg (29.54%), Magnesium: 59.23mg (14.81%), Copper: 0.28mg (14.19%), Fiber: 3.28g (13.11%), Zinc: 1.88mg (12.51%), Vitamin B2: 0.15mg (8.82%), Iron: 1.51mg (8.42%), Vitamin B3: 1.49mg (7.47%), Vitamin B6: 0.15mg (7.43%), Potassium: 242.12mg (6.92%), Vitamin B1: 0.09mg (5.9%), Vitamin A: 290.71IU (5.81%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.29µg (4.87%), Vitamin K: 4.73µg (4.5%), Folate: 17.64µg (4.41%), Vitamin E: 0.34mg (2.24%), Vitamin D: 0.23µg (1.53%)