



## Pasta Carbonara

READY IN



25 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces bacon diced
- 0.8 teaspoon pepper black
- 3 large egg yolks
- 1 pound pasta dry
- 4 ounces parmesan grated plus more for garnishing
- 1 small onion yellow finely chopped

### Equipment

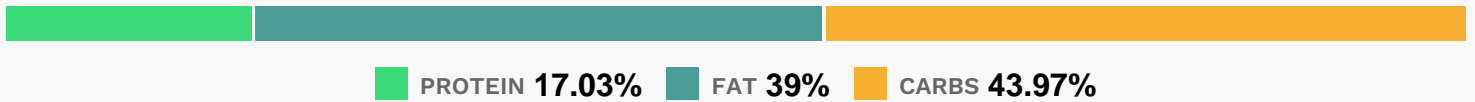
- bowl

- frying pan
- paper towels
- pot

## Directions

- Cook the linguine according to the package directions, reserving 1 1/2 cups of the cooking water. Meanwhile, in a large skillet, over medium-high heat, fry the bacon until crisp.
- Transfer to a paper towel-lined plate. Spoon off and discard all but 2 tablespoons of the bacon drippings. Return skillet to medium heat, add the onion, and cook until tender, 3 to 4 minutes. Working quickly, return the drained pasta to the pot along with the pasta water, bacon, and onion.
- Place the pot over low heat and cook, tossing frequently, until heated through.
- Remove from heat and quickly add the yolks, one at a time, stirring after each addition.
- Add the Parmesan and 1/2 teaspoon of the pepper and stir until the sauce thickens slightly. Divide among bowls. Top with additional Parmesan and the remaining pepper.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:34.69, Inflammation Score:-6, Nutrition Score:21.501739092495%

## Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 817.27kcal (40.86%), Fat: 34.95g (53.77%), Saturated Fat: 13.74g (85.84%), Carbohydrates: 88.64g (29.55%), Net Carbohydrates: 84.62g (30.77%), Sugar: 4.07g (4.52%), Cholesterol: 194.4mg (64.8%), Sodium: 843.21mg (36.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.67%), Selenium: 96.69µg (138.13%), Manganese: 1.13mg (56.46%), Phosphorus: 548.11mg (54.81%), Calcium: 384.44mg (38.44%), Zinc: 3.38mg (22.5%), Vitamin B3: 4.31mg (21.56%), Magnesium: 82.41mg (20.6%), Vitamin B6: 0.4mg (20.22%), Vitamin B1: 0.3mg (20.03%), Copper: 0.38mg (19.11%), Vitamin B2: 0.28mg (16.52%), Fiber: 4.02g (16.08%), Vitamin B12: 0.87µg (14.54%), Vitamin B5: 1.34mg (13.4%), Iron: 2.36mg (13.11%), Potassium: 435.65mg (12.45%), Folate: 44.4µg (11.1%),

Vitamin A: 428.64IU (8.57%), Vitamin D: 1.06 $\mu$ g (7.05%), Vitamin E: 0.77mg (5.12%), Vitamin C: 1.29mg (1.57%),  
Vitamin K: 1.37 $\mu$ g (1.3%)