



Pasta Carbonara

READY IN



45 min.

SERVINGS



4

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 strips bacon diced
- 0.3 teaspoon pepper black
- 4 egg yolks
- 0.5 cup flat-leaf parsley fresh chopped
- 0.5 teaspoon kosher salt
- 1 pound pasta
- 1 cup parmesan grated

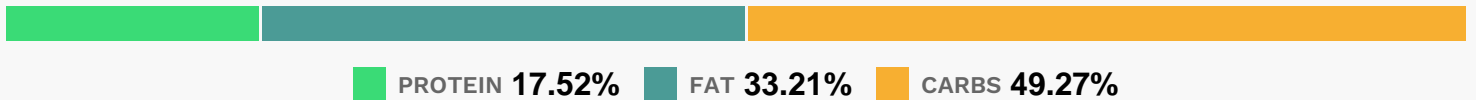
Equipment

- bowl
- frying pan
- paper towels
- knife
- whisk
- kitchen scissors

Directions

- Cook the pasta according to the package directions. Meanwhile, fry the bacon in a large skillet over medium heat.
- Transfer to a paper towel and reserve the drippings. In a large bowl, whisk the egg yolks. Still whisking constantly, add 2 tablespoons of the drippings. Working quickly, add the drained pasta and Parmesan to the yolk mixture and toss to combine.
- Add the salt, pepper, parsley, and bacon.
- Serve immediately. (The heat of the pasta cooks the eggs, but not thoroughly. It may be advisable for young children, the elderly, and anyone with a compromised immune system to avoid eating this dish.) Tip: Use a pair of clean scissors or kitchen shears, not a knife, to dice the bacon. It's much quicker and makes less of a mess.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:34.34, Inflammation Score:-8, Nutrition Score:26.101739012677%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 717.29kcal (35.86%), Fat: 26.1g (40.16%), Saturated Fat: 10.53g (65.84%), Carbohydrates: 87.1g (29.03%), Net Carbohydrates: 83.19g (30.25%), Sugar: 3.39g (3.77%), Cholesterol: 233.18mg (77.73%), Sodium: 929.31mg

(40.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.97%), Selenium: 94.02µg (134.31%), Vitamin K: 123.87µg (117.97%), Manganese: 1.09mg (54.35%), Phosphorus: 510.09mg (51.01%), Calcium: 355.77mg (35.58%), Vitamin A: 1099.5IU (21.99%), Zinc: 3.17mg (21.15%), Magnesium: 79.93mg (19.98%), Copper: 0.38mg (18.83%), Vitamin B3: 3.43mg (17.13%), Vitamin B6: 0.34mg (17.08%), Vitamin B2: 0.28mg (16.49%), Vitamin B1: 0.24mg (16.08%), Fiber: 3.91g (15.63%), Iron: 2.79mg (15.47%), Folate: 59.86µg (14.97%), Vitamin B12: 0.82µg (13.6%), Vitamin B5: 1.36mg (13.55%), Vitamin C: 9.98mg (12.09%), Potassium: 404.11mg (11.55%), Vitamin D: 1.23µg (8.19%), Vitamin E: 0.84mg (5.62%)