



Pasta Carbonara

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 eggs separated
- ☐ 1 teaspoon garlic diced
- ☐ 1 pound linguini fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup pecorino cheese grated
- ☐ 4 ounces slab bacon diced
- ☐ 1 gallon water salted

☐ 2 tablespoons white wine

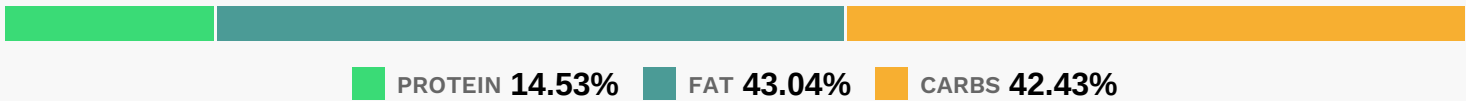
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Put the water in a large pasta pot and bring it to a boil over medium heat.
- ☐ Add the oil and pancetta to a large saute pan over low heat. Cook the pancetta until crisp, being careful not to burn it, about 5 minutes.
- ☐ Add the garlic and stir for 5 seconds.
- ☐ Add the wine, cream and black pepper. Cook until the sauce coats the back of a spoon. Drop the fresh linguini into water and stir to separate strands. When pasta is just undercooked remove it from the water and add it to the pan with the sauce. Gently stir for 1 minute.
- ☐ Remove the pan from the heat, add 1/2 the cheese and the egg white and stir, being careful not to break the noodles.
- ☐ Add the egg yolk and lightly toss.
- ☐ Transfer the pasta to a serving bowl or platter and garnish with the remaining cheese. Enjoy.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:22.96, Inflammation Score:-5, Nutrition Score:14.963043589955%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 559.12kcal (27.96%), Fat: 26.37g (40.57%), Saturated Fat: 11.24g (70.28%), Carbohydrates: 58.47g (19.49%), Net Carbohydrates: 55.96g (20.35%), Sugar: 2.83g (3.14%), Cholesterol: 106.78mg (35.59%), Sodium: 387.87mg (16.86%), Alcohol: 0.51g (100%), Alcohol %: 0.08% (100%), Protein: 20.02g (40.05%), Selenium: 59.18µg (84.55%), Manganese: 0.76mg (37.98%), Phosphorus: 339.5mg (33.95%), Calcium: 237.26mg (23.73%), Copper: 0.35mg (17.56%), Magnesium: 59.82mg (14.96%), Zinc: 2.03mg (13.56%), Vitamin B2: 0.23mg (13.44%), Vitamin B6: 0.21mg (10.67%), Vitamin B3: 2.09mg (10.47%), Fiber: 2.51g (10.06%), Vitamin B1: 0.14mg (9.19%), Vitamin A: 448.78IU (8.98%), Iron: 1.55mg (8.59%), Vitamin E: 1.22mg (8.1%), Vitamin B5: 0.79mg (7.87%), Potassium: 269.45mg (7.7%), Vitamin B12: 0.44µg (7.39%), Folate: 22.58µg (5.65%), Vitamin D: 0.77µg (5.13%), Vitamin K: 4.5µg (4.29%)