



## Pasta Carbonara with Peas

READY IN



30 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 2 large egg yolk
- 3 large eggs
- 6 servings kosher salt
- 1 pound pasta
- 1 tablespoon olive oil
- 6 ounces pancetta
- 0.8 ounce parmesan grated
- 1 cup peas frozen thawed

- 1.5 ounces pecorino cheese grated for serving

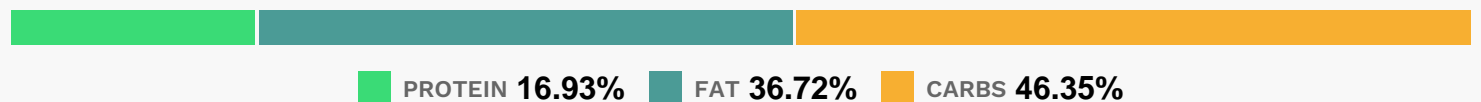
## Equipment

- bowl
- frying pan
- whisk
- pot

## Directions

- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the pancetta and cook, stirring often, until browned and most of the fat has been rendered, about 12 to 14 minutes.
- Remove the pan from the heat and set aside. Bring a large pot of salted water to a boil. Cook the pasta according to the package directions. Meanwhile, whisk together the eggs and yolks in a medium bowl until combined.
- Add the cheeses and whisk until evenly combined; set aside.
- Drain the cooked pasta, reserving 1/2 cup of the cooking water, and immediately return the hot pasta to the pot. Stir in the reserved egg–cheese mixture, reserved pancetta and pan drippings, peas, measured pepper, and just enough pasta cooking water to make the mixture creamy (you may not need all of it). Taste and season with additional pepper as needed.
- Transfer the pasta to a serving dish and serve immediately, passing the extra grated cheeses on the side.

## Nutrition Facts



## Properties

Glycemic Index:28.72, Glycemic Load:23.75, Inflammation Score:-5, Nutrition Score:17.80391286767%

## Nutrients (% of daily need)

Calories: 534.62kcal (26.73%), Fat: 21.53g (33.13%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 57.31g (20.84%), Sugar: 3.59g (3.99%), Cholesterol: 182.69mg (60.9%), Sodium: 567.33mg

(24.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.67%), Selenium: 66.59µg (95.13%), Manganese: 0.83mg (41.47%), Phosphorus: 360.13mg (36.01%), Vitamin B2: 0.28mg (16.63%), Calcium: 162.89mg (16.29%), Zinc: 2.44mg (16.24%), Vitamin B1: 0.23mg (15.65%), Fiber: 3.84g (15.36%), Copper: 0.3mg (15.05%), Magnesium: 59.48mg (14.87%), Vitamin B3: 2.97mg (14.84%), Vitamin B6: 0.3mg (14.78%), Folate: 50.11µg (12.53%), Iron: 2.16mg (12.01%), Vitamin C: 9.67mg (11.72%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.6µg (9.94%), Potassium: 335.99mg (9.6%), Vitamin A: 470.08IU (9.4%), Vitamin K: 8.08µg (7.69%), Vitamin E: 1.01mg (6.71%), Vitamin D: 0.97µg (6.48%)