



Penne a la Carbonara

READY IN



35 min.

SERVINGS



4

CALORIES



1213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 eggs at room temperature
- ☐ 4 tablespoons parsley leaves fresh chopped
- ☐ 0.5 cup heavy cream at room temperature
- ☐ 1 pound pancetta diced
- ☐ 1.3 cup parmesan freshly grated
- ☐ 1 pound penne pasta dried
- ☐ 4 servings sea salt and pepper black freshly ground

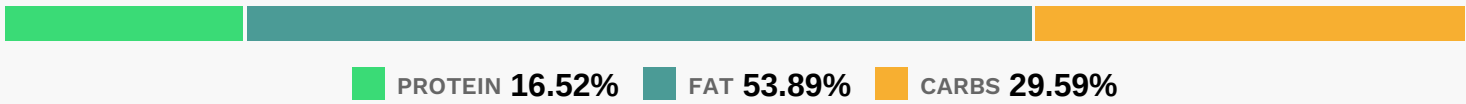
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large saute pan, until hot.
- ☐ Add pancetta and saute until golden brown and crispy, about 5 minutes. Season with black pepper and remove pan from heat.
- ☐ In a medium bowl, beat the eggs and cream. Season with salt and pepper. Stir in Parmesan, reserving 2 tablespoons for garnish.
- ☐ In a large pot, boil 6 quarts of salted boiling water.
- ☐ Add pasta and cook until al dente, about 8 to 10 minutes.
- ☐ Drain pasta in a colander. Do not rinse with water; you want to retain the pasta's natural starches so that the sauce will stick. While the pasta is still hot, return it back to the pot.
- ☐ Add the browned pancetta and mix well.
- ☐ Add the cream mixture and coat the pasta completely. It's important to work quickly while the pasta is still warm so that the cream mixture will cook, but not curdle.
- ☐ Add remaining Parmesan and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:34.36, Inflammation Score:-8, Nutrition Score:31.825651998105%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1213.3kcal (60.66%), Fat: 71.84g (110.53%), Saturated Fat: 29.43g (183.97%), Carbohydrates: 88.77g (29.59%), Net Carbohydrates: 84.98g (30.9%), Sugar: 4.43g (4.92%), Cholesterol: 375.23mg (125.08%), Sodium: 1362.14mg (59.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.56g (99.12%), Selenium: 122.66µg (175.22%), Phosphorus: 744.9mg (74.49%), Vitamin K: 67.56µg (64.34%), Manganese: 1.1mg (54.83%), Calcium: 462.04mg (46.2%), Vitamin B2: 0.63mg (36.78%), Vitamin B3: 6.7mg (33.48%), Zinc: 4.76mg (31.75%), Vitamin B6: 0.62mg (30.88%), Vitamin B1: 0.46mg (30.87%), Vitamin A: 1417.25IU (28.35%), Vitamin B12: 1.58µg (26.28%), Magnesium: 99.63mg (24.91%), Vitamin B5: 2.36mg (23.65%), Copper: 0.44mg (22.17%), Iron: 3.64mg (20.21%), Potassium: 648.99mg (18.54%), Vitamin D: 2.41µg (16.04%), Folate: 60.91µg (15.23%), Fiber: 3.79g (15.14%), Vitamin E: 1.68mg (11.19%), Vitamin C: 5.5mg (6.66%)