



## Rigatoni Carbonara with Guanciale

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 large egg yolks
- ☐ 2 large eggs
- ☐ 0.3 pound guanciale diced
- ☐ 0.3 cup pecorino cheese plus more for serving
- ☐ 1 tablespoon pepper corns white green black assorted freshly ground
- ☐ 4 servings unknown salt as needed

## Equipment

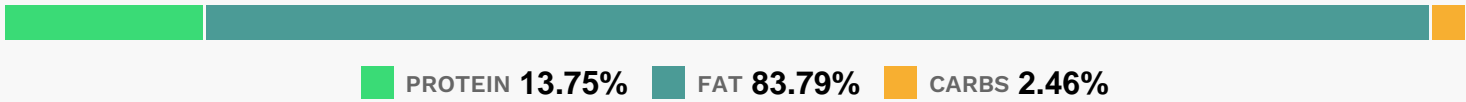
- ☐ whisk

- ☐ mixing bowl
- ☐ pot

## Directions

- ☐ Bring a large pot of salted water to a rapid boil. Drop in the pasta and stir. Cook for about 12 minutes until al dente; reserve 1-cup of the cooking water and then drain. Meanwhile, in a large mixing bowl, lightly whisk eggs and yolks with a fork and add the cooked guanciale. Gradually add the drained hot pasta and then the cheese.
- ☐ Mix until the pasta is thoroughly coated with the creamy sauce. If necessary, add a little of the reserved cooking water to thin the sauce to taste. Season with salt and the freshly ground peppercorn mix.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:7.0191303945106%

## Nutrients (% of daily need)

Calories: 320.94kcal (16.05%), Fat: 29.88g (45.97%), Saturated Fat: 11.6g (72.48%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.24g (0.27%), Cholesterol: 313.47mg (104.49%), Sodium: 555.75mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.07%), Selenium: 18.18µg (25.96%), Phosphorus: 165.67mg (16.57%), Vitamin B2: 0.23mg (13.52%), Calcium: 109.19mg (10.92%), Manganese: 0.21mg (10.47%), Vitamin B12: 0.62µg (10.4%), Vitamin D: 1.45µg (9.66%), Vitamin B5: 0.94mg (9.39%), Folate: 37.26µg (9.32%), Vitamin A: 414.28IU (8.29%), Iron: 1.1mg (6.09%), Zinc: 0.89mg (5.95%), Vitamin B6: 0.11mg (5.58%), Vitamin E: 0.73mg (4.87%), Vitamin B1: 0.04mg (2.92%), Vitamin K: 2.79µg (2.65%), Copper: 0.05mg (2.65%), Magnesium: 8.98mg (2.25%), Potassium: 78.38mg (2.24%), Fiber: 0.38g (1.52%)