



Roasted Brussels Sprout Carbonara

 Popular

READY IN



30 min.

SERVINGS



2

CALORIES



944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1 inch pieces
- ☐ 1 pound brussels sprouts trimmed quartered
- ☐ 2 egg yolks
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 1 tablespoon parsley chopped

- ☐ 0.5 pound soup noodles
- ☐ 2 servings bell pepper to taste
- ☐ 2 servings salt and pepper to taste

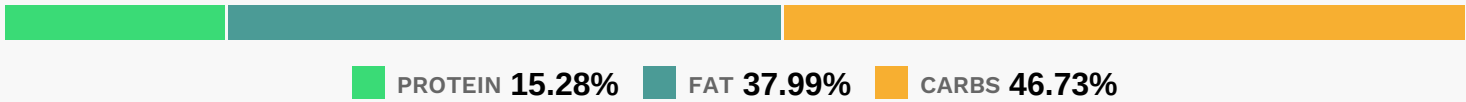
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Toss the brussels sprouts in the olive oil along with the salt and pepper, spread them out in a single layer on a baking sheet and roast in a preheated 425F oven until golden brown, about 15-20 minutes, flipping half way through.Meanwhile, bring a pot of water to boil and cook the pasta as directed on package.Meanwhile, cook the bacon in a pan, pour off all but a tablespoon of the bacon grease from the pan, turn off the heat and add the garlic.Meanwhile, mix the egg yolk, heavy cream and cheese in a bowl.
- ☐ Drain the cooked pasta reserving some of the water.
- ☐ Mix the pasta, egg yolk mixture and brussels sprouts into the bacon in the pan, adding pasta water as needed and season with pepper to taste.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:38.98, Inflammation Score:-10, Nutrition Score:47.782608861509%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.32mg, Myricetin: 0.32mg,

Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 943.87kcal (47.19%), Fat: 40.52g (62.33%), Saturated Fat: 14.54g (90.87%), Carbohydrates: 112.13g (37.38%), Net Carbohydrates: 98.22g (35.72%), Sugar: 11.82g (13.13%), Cholesterol: 248.89mg (82.96%), Sodium: 766.01mg (33.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.31%), Vitamin K: 443.05µg (421.95%), Vitamin C: 291.35mg (353.16%), Selenium: 97.77µg (139.68%), Manganese: 1.93mg (96.69%), Vitamin A: 4805.22IU (96.1%), Phosphorus: 622.65mg (62.26%), Folate: 223.87µg (55.97%), Fiber: 13.91g (55.64%), Vitamin B6: 1.09mg (54.58%), Vitamin B1: 0.62mg (41.55%), Potassium: 1442.01mg (41.2%), Vitamin E: 5.14mg (34.27%), Magnesium: 135.31mg (33.83%), Iron: 5.95mg (33.05%), Vitamin B2: 0.54mg (31.73%), Calcium: 313.27mg (31.33%), Vitamin B3: 6.2mg (31%), Zinc: 4.09mg (27.27%), Copper: 0.54mg (27.24%), Vitamin B5: 2.32mg (23.2%), Vitamin B12: 0.75µg (12.42%), Vitamin D: 1.45µg (9.67%)