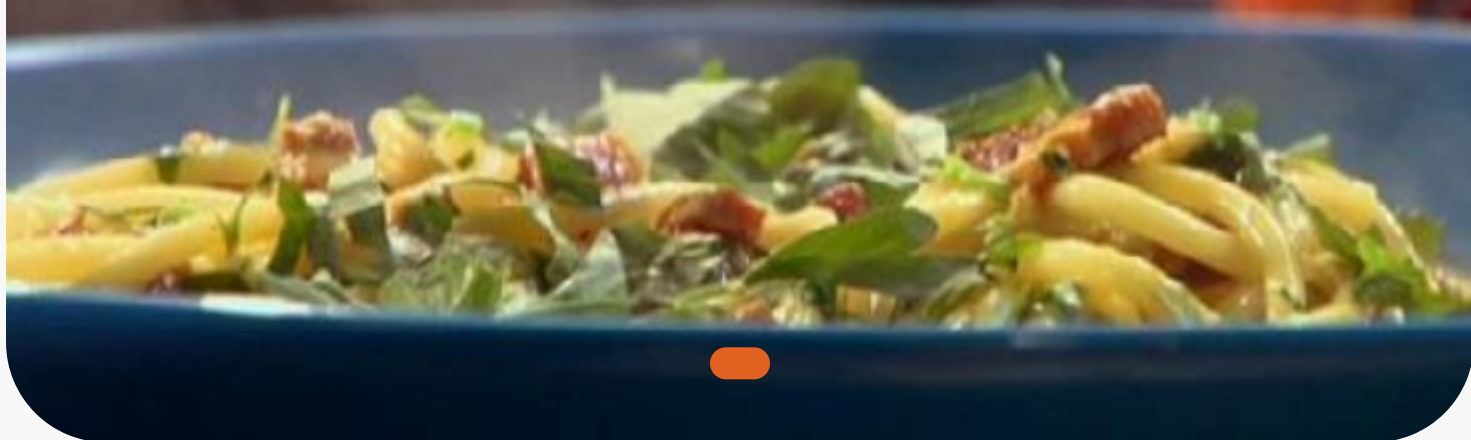




Saffron Spaghetti alla Carbonara

READY IN



41 min.

SERVINGS



4

CALORIES



828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 egg yolks
- ☐ 1 handful a flat-leaf parsley fresh generous finely chopped
- ☐ 4 cloves garlic grated finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 pound pancetta diced thick
- ☐ 1 cup pecorino cheese grated
- ☐ 0.3 teaspoon saffron threads

- ☐ 4 servings salt
- ☐ 1 pound pasta like spaghetti such as barilla brand thick
- ☐ 1 teaspoon turmeric

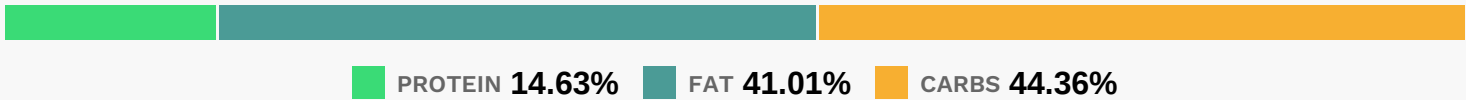
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the saffron in a small pot with 1 cup cold water. Bring to a boil, reduce to a simmer and let it steep while pasta water comes to a boil, about 6 to 8 minutes.
- ☐ Bring a large pot of water to a boil, salt the water and cook pasta to al dente. Heads up: reserve a half cup of starchy cooking water just before you drain spaghetti.
- ☐ While the water comes to a boil, heat olive oil, 3 turns of the pan, over medium heat.
- ☐ Add pancetta and cook until just about crisp, 4 to 5 minutes.
- ☐ Add in the garlic after 2 to 3 minutes and stir another 2 to 3 minutes until fragrant. Stir in wine and turmeric. Beat eggs with starchy cooking water.
- ☐ Drain pasta and add to the skillet.
- ☐ Pour saffron water over the pasta and toss to combine, season with pepper.
- ☐ Add in half the cheese and all of the parsley, pour in tempered eggs and turn off heat. Toss the spaghetti to coat evenly in golden sauce. Top with additional cheese and serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:34.72, Inflammation Score:-10, Nutrition Score:21.39043475234%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 828.35kcal (41.42%), Fat: 36.41g (56.02%), Saturated Fat: 11.95g (74.68%), Carbohydrates: 88.62g (29.54%), Net Carbohydrates: 84.76g (30.82%), Sugar: 3.6g (4%), Cholesterol: 148.15mg (49.38%), Sodium: 758.15mg (32.96%), Alcohol: 3.09g (100%), Alcohol %: 1.7% (100%), Protein: 29.23g (58.46%), Selenium: 88.42µg (126.31%), Manganese: 1.2mg (59.75%), Phosphorus: 505.94mg (50.59%), Calcium: 314.41mg (31.44%), Vitamin K: 23.85µg (22.71%), Magnesium: 80.74mg (20.19%), Zinc: 3mg (20.01%), Vitamin B6: 0.38mg (18.84%), Copper: 0.37mg (18.71%), Vitamin B3: 3.56mg (17.81%), Vitamin B1: 0.24mg (16.05%), Fiber: 3.86g (15.42%), Vitamin B2: 0.25mg (14.64%), Iron: 2.54mg (14.11%), Vitamin E: 2.12mg (14.1%), Potassium: 412.11mg (11.77%), Vitamin B5: 1.11mg (11.1%), Vitamin B12: 0.64µg (10.74%), Folate: 37.43µg (9.36%), Vitamin A: 332.61IU (6.65%), Vitamin D: 0.76µg (5.08%), Vitamin C: 2.4mg (2.91%)