



## Spaghetti alla Carbonara

READY IN



40 min.

SERVINGS



4

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 tablespoons pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 eggs
- ☐ 0.5 medium onion finely chopped
- ☐ 4 ounces pancetta chopped
- ☐ 0.3 cup pecorino plus freshly grated
- ☐ 1 pound spaghetti # 5 barilla

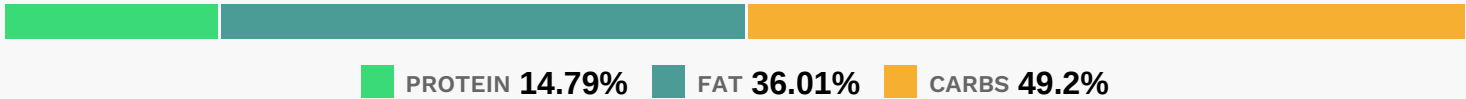
### Equipment

☐ frying pan

Directions

- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ Place onion and pancetta in a 12 inch to 14 inch saute pan and cook over medium heat until both onions and pancetta are translucent, about 8 to 10 minutes.
- ☐ Add cream and cook 1 minute. Separate eggs, being careful to keep yolks whole. Cook spaghetti according to package instructions and drain well. Put hot pasta into pan and toss over medium heat until coated.
- ☐ Add 1/4 cup pecorino and stir through.
- ☐ Remove from heat and vigorously stir in egg whites. Divide among 4 plates and top each with 1 yolk. Divide remaining grated cheese and black pepper atop each portion and serve.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:35.13, Inflammation Score:-7, Nutrition Score:22.601304313411%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 747.74kcal (37.39%), Fat: 29.78g (45.82%), Saturated Fat: 13.46g (84.14%), Carbohydrates: 91.55g (30.52%), Net Carbohydrates: 86.17g (31.33%), Sugar: 4.73g (5.25%), Cholesterol: 222.51mg (74.17%), Sodium: 341.74mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.03%), Selenium: 93.04µg (132.91%), Manganese: 1.84mg (91.99%), Phosphorus: 420.49mg (42.05%), Copper: 0.46mg (23.08%), Vitamin B2: 0.39mg (22.69%), Fiber: 5.38g (21.52%), Magnesium: 85.06mg (21.27%), Zinc: 2.83mg (18.86%), Vitamin B6: 0.36mg (18.05%), Iron: 3.05mg (16.94%), Calcium: 165.75mg (16.57%), Vitamin B3: 3.21mg (16.05%), Vitamin B5: 1.52mg (15.24%), Vitamin A: 744.45IU (14.89%), Vitamin B1: 0.22mg (14.6%), Potassium: 503.18mg (14.38%), Folate: 46.35µg (11.59%), Vitamin B12: 0.65µg (10.85%), Vitamin K: 11.21µg (10.68%), Vitamin D: 1.5µg (10%), Vitamin E: 1.06mg (7.08%), Vitamin C: 1.2mg (1.45%)