



Spaghetti alla Carbonara di Zucchini

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs room temperature
- ☐ 6 large basil fresh divided
- ☐ 1 garlic clove peeled
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2.5 ounces parmesan cheese freshly grated
- ☐ 12 ounces pasta like spaghetti
- ☐ 1 pound zucchini trimmed cut into 1/4-inch-thick rounds (3 1/2 cups)

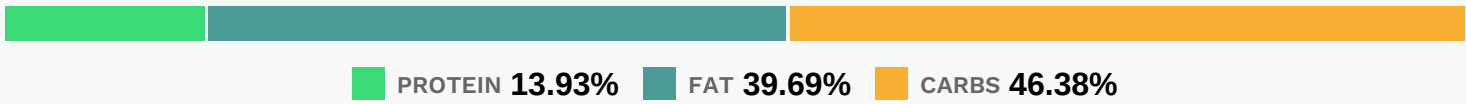
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add garlic and sauté until pale golden, about 1 minute.
- ☐ Add zucchini and sauté until beginning to color, about 15 minutes.
- ☐ Remove from heat; discard garlic.
- ☐ Meanwhile, whisk eggs and Parmesan in large bowl to blend. Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta; add to egg mixture and toss to coat (heat from pasta will cook eggs).
- ☐ Add zucchini mixture and half of basil to pasta; stir gently to blend. Season to taste with salt and pepper.
- ☐ Sprinkle with remaining basil and serve.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:17.31, Inflammation Score:-5, Nutrition Score:13.646521920743%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 400.74kcal (20.04%), Fat: 17.66g (27.17%), Saturated Fat: 4.18g (26.15%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 43.86g (15.95%), Sugar: 3.48g (3.87%), Cholesterol: 72.28mg (24.09%), Sodium: 240.17mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Selenium: 45.31µg (64.73%), Manganese: 0.68mg (34.07%), Phosphorus: 244.77mg (24.48%), Vitamin C: 13.76mg (16.68%), Calcium: 139.49mg

(13.95%), Vitamin E: 2.07mg (13.81%), Vitamin B2: 0.22mg (13.11%), Magnesium: 50.17mg (12.54%), Vitamin B6: 0.25mg (12.42%), Zinc: 1.78mg (11.85%), Vitamin K: 12.25µg (11.67%), Copper: 0.22mg (11.18%), Potassium: 371.79mg (10.62%), Fiber: 2.59g (10.35%), Folate: 37.18µg (9.29%), Iron: 1.45mg (8.05%), Vitamin A: 364.52IU (7.29%), Vitamin B5: 0.7mg (6.96%), Vitamin B3: 1.33mg (6.67%), Vitamin B1: 0.1mg (6.4%), Vitamin B12: 0.31µg (5.13%), Vitamin D: 0.39µg (2.62%)