



Spaghetti Cacio e Pepe

READY IN



25 min.

SERVINGS



25

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon coarsely ground pepper black
- 0.3 cup parmigiano-reggiano cheese freshly grated
- 0.8 cup pecorino romano cheese freshly grated
- 25 servings salt
- 0.8 pound pasta like spaghetti

Equipment

- bowl
- pot

Directions

- In a large pot of boiling salted water, cook the pasta until al dente.
- Drain the pasta, reserving 1/2 cup of the cooking water. Meanwhile, in a small bowl, combine the cheeses.
- Return the pasta to the pot. Working quickly, add 6 tablespoons of the reserved cooking water, 2 tablespoons at a time, alternating with the cheeses; toss well to thoroughly coat the pasta between additions.
- Sprinkle on the black pepper and season the pasta with salt; toss again.
- Transfer the pasta to a warmed serving bowl.
- Add the remaining 2 tablespoons of cooking water, as necessary, tossing until a creamy sauce forms.
- Serve right away.

Nutrition Facts



PROTEIN 19.26% **FAT 18.33%** **CARBS 62.41%**

Properties

Glycemic Index:5.12, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:2.2400000309167%

Nutrients (% of daily need)

Calories: 67.92kcal (3.4%), Fat: 1.37g (2.1%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.97g (3.63%), Sugar: 0.4g (0.44%), Cholesterol: 4.03mg (1.34%), Sodium: 252.01mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Selenium: 9.35µg (13.35%), Manganese: 0.16mg (7.84%), Phosphorus: 58.15mg (5.82%), Calcium: 51.75mg (5.17%), Magnesium: 9.44mg (2.36%), Copper: 0.04mg (2.2%), Zinc: 0.31mg (2.06%), Fiber: 0.5g (1.98%), Vitamin B2: 0.02mg (1.42%), Iron: 0.24mg (1.31%), Vitamin B3: 0.24mg (1.2%), Vitamin B6: 0.02mg (1.19%), Potassium: 37.38mg (1.07%)