



## Spaghetti Carbonara

READY IN



25 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 large eggs lightly beaten
- 2 tablespoons parsley fresh chopped
- 4 servings kosher salt
- 4 ounces parmesan cheese grated plus more for topping
- 4 servings pepper freshly ground
- 12 ounces pasta like spaghetti
- 6 slices bacon thick-cut cut into 1/2-inch pieces

### Equipment

frying pan

pot

## Directions

Bring a large pot of salted water to a boil.

Add the pasta and cook as the label directs. Reserve 1/4 cup cooking water, then drain the pasta.

Meanwhile, cook the bacon in a large skillet over medium heat, stirring occasionally, until crisp, about 8 minutes.

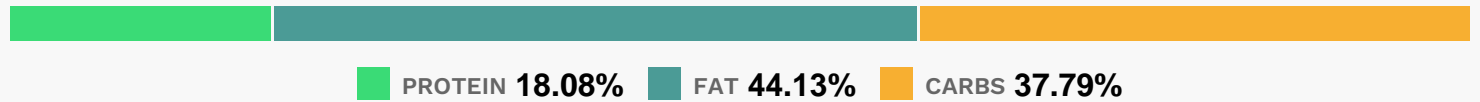
Add the spaghetti and reserved pasta cooking water to the skillet and toss to combine.

Add the eggs, parmesan, 1/2 teaspoon salt and 1 1/2 teaspoons pepper; toss to coat. Cook, tossing continuously to avoid scrambling the eggs, until the sauce is creamy, about 1 minute. Stir in the parsley.

Serve topped with more parmesan.

Photograph by Justin Walker

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:25.56, Inflammation Score:-6, Nutrition Score:22.097391325495%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 732.53kcal (36.63%), Fat: 35.43g (54.51%), Saturated Fat: 13.38g (83.62%), Carbohydrates: 68.26g (22.75%), Net Carbohydrates: 65.45g (23.8%), Sugar: 2.49g (2.77%), Cholesterol: 246.3mg (82.1%), Sodium: 1124.63mg (48.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.33%), Selenium: 89.88µg (128.41%), Phosphorus: 518.56mg (51.86%), Manganese: 0.84mg (42.02%), Vitamin K: 33.68µg (32.08%), Calcium: 302.49mg (30.25%), Vitamin B2: 0.42mg (24.89%), Zinc: 3.73mg (24.88%), Vitamin B6: 0.37mg (18.72%), Vitamin

B3: 3.7mg (18.52%), Vitamin B12: 1.1µg (18.3%), Magnesium: 68.65mg (17.16%), Vitamin B1: 0.26mg (17%), Copper: 0.32mg (16.01%), Vitamin B5: 1.53mg (15.34%), Vitamin A: 704.23IU (14.08%), Iron: 2.46mg (13.69%), Potassium: 430.19mg (12.29%), Fiber: 2.81g (11.25%), Folate: 43.57µg (10.89%), Vitamin D: 1.36µg (9.05%), Vitamin E: 1.01mg (6.74%), Vitamin C: 2.66mg (3.22%)