



Spaghetti Carbonara

READY IN



20 min.

SERVINGS



4

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 strips bacon
- ☐ 4 servings pepper black freshly ground
- ☐ 4 large eggs room temperature
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 servings kosher salt
- ☐ 0.5 cup parmesan divided
- ☐ 16 ounce pasta like spaghetti

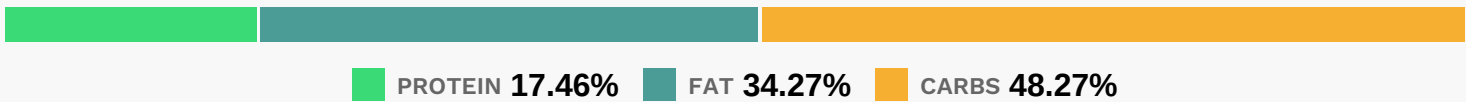
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the spaghetti, cover the pot, and bring it back to a boil.
- ☐ Remove the cover, stir, and cook until al dente, about 8 minutes. Reserve 1 cup of pasta cooking water.
- ☐ Drain the pasta and set aside. (Reserve 1 cup pasta for the Round 2 Recipe Savory Noodle Pie.)
- ☐ While the pasta is cooking, place of the bacon into a large skillet over medium heat and cook until crispy, about 8 minutes.
- ☐ In a medium bowl, beat the eggs with half the Parmesan and season with salt and pepper. Set aside.
- ☐ Transfer the bacon to a sheet tray lined with a paper bag (reserve 2 strips for the Online Round 2 Recipe Savory Noodle Pie). Chop the remaining 6 pieces and set aside.
- ☐ Remove all but 1 tablespoon fat from the pan and put the pan back on the heat.
- ☐ Add the cooked spaghetti and toss to coat in the bacon fat. Turn off the heat and add the egg mixture. Toss gently to coat the pasta and cook the eggs. Toss in the chopped bacon. If the sauce is too thick, add the pasta water 1/4 cup at a time until the sauce is smooth and creamy.
- ☐ Serve immediately garnished with the remaining cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:34.17, Inflammation Score:-5, Nutrition Score:20.8999999758472%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 725.3kcal (36.26%), Fat: 27.17g (41.8%), Saturated Fat: 9.78g (61.15%), Carbohydrates: 86.13g (28.71%), Net Carbohydrates: 82.44g (29.98%), Sugar: 3.32g (3.69%), Cholesterol: 223.54mg (74.51%), Sodium: 763.7mg (33.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.3%), Selenium: 98.68µg (140.97%), Manganese: 1.08mg (53.8%), Phosphorus: 464.17mg (46.42%), Vitamin B2: 0.37mg (22.05%), Zinc: 3.12mg (20.8%), Calcium: 203.96mg (20.4%), Copper: 0.39mg (19.46%), Magnesium: 77.56mg (19.39%), Vitamin B3: 3.78mg (18.92%), Vitamin B6: 0.38mg (18.78%), Vitamin B1: 0.25mg (16.62%), Vitamin K: 17.04µg (16.23%), Vitamin B5: 1.56mg (15.61%), Iron: 2.71mg (15.03%), Fiber: 3.69g (14.75%), Vitamin B12: 0.81µg (13.58%), Potassium: 427.41mg (12.21%), Folate: 46.32µg (11.58%), Vitamin A: 468.69IU (9.37%), Vitamin D: 1.24µg (8.26%), Vitamin E: 0.88mg (5.83%), Vitamin C: 1.33mg (1.61%)