



## Spaghetti Carbonara

READY IN



12 min.

SERVINGS



2

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 ounces bacon
- ☐ 2 servings eggs cooked
- ☐ 2 servings pepper fresh black to taste
- ☐ 2 tablespoons olive oil
- ☐ 6 ounces soup noodles boiled dried
- ☐ 1.8 ounces pecorino cheese grated

### Equipment

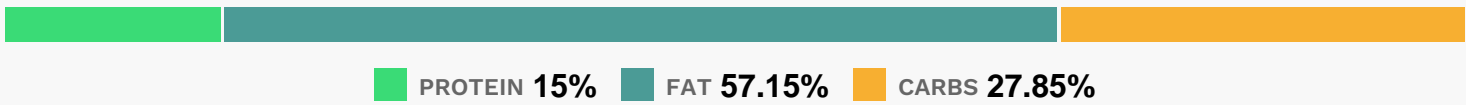
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ Boil a large pot of well salted water, then cook the pasta according to the package directions. For dried spaghetti I usually boil the noodles for 8 minutes rather than the 9 recommended on the package to ensure they are al dente.
- ☐ Combine the Pecorino, egg, olive oil and black pepper in a large bowl and whisk together until the mixture is smooth and there are no clumps of egg whites. Chop the Guanciale into batons and add to a pan over medium high heat and fry until cooked through.
- ☐ Drain the pasta (do not rinse), then immediately dump it into the egg mixture. It's important that the pasta be very hot, otherwise the egg mixture won't thicken into a sauce.
- ☐ Add the fried Guanciale and toss to coat evenly. Plate your Spaghetti Carbonara and top with a slow cooked egg.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:25.79, Inflammation Score:-4, Nutrition Score:22.038695584173%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 955.85kcal (47.79%), Fat: 60.1g (92.46%), Saturated Fat: 19.22g (120.13%), Carbohydrates: 65.9g (21.97%), Net Carbohydrates: 63.15g (22.97%), Sugar: 2.62g (2.91%), Cholesterol: 246.35mg (82.12%), Sodium: 937.08mg (40.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.98%), Selenium: 88.06µg (125.8%), Phosphorus: 564.4mg (56.44%), Manganese: 0.82mg (40.97%), Calcium: 318.81mg (31.88%), Vitamin B3: 4.92mg (24.6%), Vitamin B2: 0.42mg (24.45%), Zinc: 3.43mg (22.87%), Vitamin B1: 0.34mg (22.56%), Vitamin B6: 0.44mg (22.19%), Vitamin E: 3mg (19.98%), Vitamin B12: 1.1µg (18.38%), Magnesium: 71.19mg (17.8%), Vitamin B5: 1.62mg (16.23%), Copper: 0.32mg (16.11%), Iron: 2.51mg (13.94%), Potassium: 442.19mg (12.63%), Fiber: 2.75g (10.99%), Folate: 37.79µg (9.45%), Vitamin D: 1.35µg (8.99%), Vitamin K: 9.37µg (8.92%), Vitamin A: 375.5IU (7.51%)