



Spaghetti Carbonara with Leeks and Pancetta

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups leek thinly sliced (2 large)
- ☐ 2 ounces pancetta chopped
- ☐ 2 ounces parmigiano-reggiano cheese finely grated
- ☐ 0.1 teaspoon salt

☐

8 ounces pasta like spaghetti uncooked

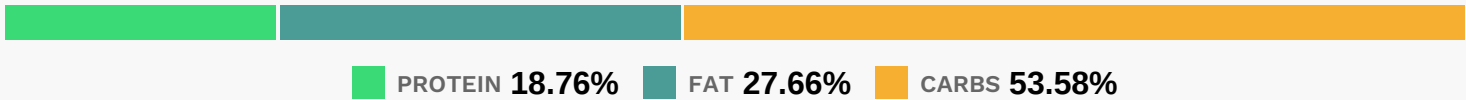
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain, reserving 1/4 cup cooking liquid.
- ☐ Combine cheese, pepper, salt, egg, and egg white in a small bowl, stirring with a whisk. Gradually add the reserved 1/4 cup cooking liquid to egg mixture, stirring constantly with a whisk.
- ☐ Cook pancetta in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove pancetta from pan, reserving drippings in pan; set pancetta aside.
- ☐ Add leek to drippings in pan, and saut 4 minutes.
- ☐ Add garlic to pan; saut for 1 minute.
- ☐ Add pasta, cheese mixture, and pancetta to pan; reduce heat, and cook 1 minute, tossing well to coat. Cook 1 minute.
- ☐ Sprinkle with parsley; serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:19.08, Inflammation Score:-7, Nutrition Score:16.76391313387%

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: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 377.61kcal (18.88%), Fat: 11.51g (17.7%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 47.4g (17.24%), Sugar: 3.5g (3.89%), Cholesterol: 65.49mg (21.83%), Sodium: 438.73mg (19.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.12%), Selenium: 48.03µg (68.61%), Vitamin K: 54.28µg (51.7%), Manganese: 0.79mg (39.36%), Phosphorus: 271.16mg (27.12%), Calcium: 220.35mg (22.04%), Vitamin A: 1094.56IU (21.89%), Vitamin B6: 0.28mg (13.86%), Magnesium: 54.45mg (13.61%), Iron: 2.23mg (12.41%), Copper: 0.25mg (12.39%), Folate: 48.99µg (12.25%), Vitamin B2: 0.2mg (11.95%), Fiber: 2.74g (10.98%), Zinc: 1.61mg (10.76%), Vitamin C: 8.47mg (10.26%), Vitamin B3: 1.81mg (9.03%), Vitamin B1: 0.13mg (8.84%), Potassium: 297.11mg (8.49%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.36µg (5.99%), Vitamin E: 0.71mg (4.75%), Vitamin D: 0.38µg (2.52%)