



Spaghetti Carbonara with Pancetta, Leeks, and Peas

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large egg yolks (see notes)
- ☐ 0.8 cup fresh-grated parmesan cheese
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 8 oz leek
- ☐ 8 ounces pancetta diced ()
- ☐ 1 tablespoon parsley chopped
- ☐ 1.5 cups peas fresh frozen shelled thawed
- ☐ 1 teaspoon salt

- ☐ 12 ounces pasta like spaghetti dried
- ☐ 0.5 cup whipping cream

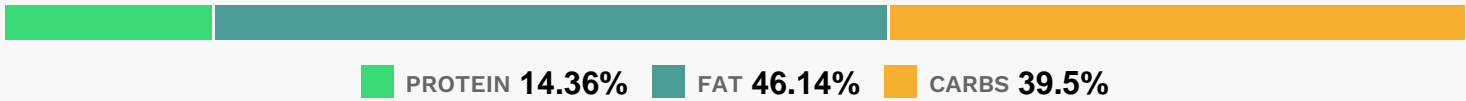
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Trim and discard root end and tough green top from leek; peel off and discard outer layer.
- ☐ Cut leek in half lengthwise and hold each half under cold running water, flipping layers to separate and remove grit. Thinly slice crosswise.
- ☐ In a 5- to 6-quart pan over high heat, bring 4 quarts water to a boil.
- ☐ Add pasta and cook, stirring occasionally, until tender to bite, 8 to 10 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a 12-inch frying pan or 4- to 5-quart pan over medium-high heat, stir pancetta until fat is rendered and pancetta is crisp and brown, about 8 minutes.
- ☐ Transfer to a paper towel-lined plate. Discard all but 2 teaspoons fat from pan.
- ☐ Lower heat to medium and add leek to pan; stir often until limp and slightly golden, 2 to 3 minutes. Stir in peas and cook until warmed through, 2 minutes longer. Reduce heat to low.
- ☐ Whisk together 1/2 cup cream, egg yolks, cheese, salt, and pepper.
- ☐ Add hot pasta and cream mixture to pan with leek and peas; mix gently to coat. Stir in pancetta. If desired, add a little more cream to thin sauce.
- ☐ Pour into a large bowl and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:19.93, Inflammation Score:-8, Nutrition Score:20.795652057814%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 568.27kcal (28.41%), Fat: 29.04g (44.67%), Saturated Fat: 12.54g (78.35%), Carbohydrates: 55.92g (18.64%), Net Carbohydrates: 51.32g (18.66%), Sugar: 5.69g (6.32%), Cholesterol: 150.03mg (50.01%), Sodium: 879.16mg (38.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Selenium: 54.2µg (77.43%), Manganese: 0.88mg (44.14%), Vitamin K: 38.79µg (36.94%), Phosphorus: 338.39mg (33.84%), Vitamin A: 1500.27IU (30.01%), Vitamin C: 20.04mg (24.29%), Vitamin B1: 0.3mg (19.83%), Vitamin B6: 0.38mg (18.9%), Fiber: 4.6g (18.42%), Folate: 72.94µg (18.24%), Calcium: 181.25mg (18.12%), Vitamin B3: 3.43mg (17.14%), Zinc: 2.53mg (16.89%), Magnesium: 63.81mg (15.95%), Copper: 0.31mg (15.25%), Vitamin B2: 0.25mg (14.7%), Iron: 2.58mg (14.33%), Potassium: 413.76mg (11.82%), Vitamin B12: 0.56µg (9.25%), Vitamin B5: 0.89mg (8.94%), Vitamin E: 1.09mg (7.27%), Vitamin D: 0.99µg (6.6%)