



Spaghetti Carbonara with Pork Belly and Fresh Peas

READY IN



45 min.

SERVINGS



6

CALORIES



845 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.3 teaspoon peppercorns whole black
- 1 small carrots peeled quartered
- 0.5 celery stalks cut into 2-inch pieces
- 0.5 teaspoon kosher salt
- 0.5 teaspoon coriander seeds crushed
- 0.3 cup wine dry white
- 2 tablespoons wine dry white ()

- 2 large eggs
- 1.5 cups peas fresh shelled (from)
- 1 garlic clove minced
- 2 garlic clove peeled smashed
- 0.5 cup chicken broth
- 2 tablespoons olive oil
- 1 small onion quartered
- 0.5 cup parmesan cheese divided grated
- 0.3 cup parsley fresh italian chopped
- 0.3 cup pecorino cheese grated
- 1 pound pork belly fresh
- 1 pound pasta like spaghetti

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- measuring cup

Directions

- Rub coarse salt and coriander into pork belly. Cover and chill at least 4 hours and up to 2 days.
- Preheat oven to 275F.
- Place pork belly in large ovenproof saucepan.
- Add onion, next 5 ingredients, 2 tablespoons wine, and chicken broth. Bring to boil, cover, and transfer to oven. Cook until pork is very tender when pierced with fork, turning every 30

minutes, about 2 hours 15 minutes. Cool slightly. Cover and chill at least 1 day and up to 2 days.

- Discard any solidified fat on surface of pork belly mixture.
- Remove pork from cooking liquid, scraping any gelatinous mixture back into saucepan. Rewarm mixture in saucepan just until melted. Strain liquid into measuring cup.
- Add white wine if necessary to measure 1/2 cup.
- Cut rind and all but 1/4-inch layer of fat from pork belly. Slice pork crosswise into 1/2-inch slices, then cut slices crosswise into 1/2-inch-thick strips.
- Heat oil in heavy large skillet over medium-high heat.
- Add pork belly and cook until browned on all sides, stirring often, about 7 minutes.
- Add garlic and saut 1 minute.
- Add pork cooking liquid and 1/4 cup wine. Bring to boil, then cover and keep warm.
- Cook spaghetti in large pot of boiling salted water until almost tender but still firm to bite, stirring occasionally.
- Add peas; cook 1 minute longer.
- Meanwhile, whisk eggs in large bowl.
- Add 1/4 cup Parmesan cheese, Pecorino Romano cheese, and parsley; set aside.
- Drain pasta, reserving 1 cup cooking liquid.
- Whisk 1/4 cup hot cooking liquid into egg mixture.
- Add pasta; toss to coat.
- Add mixture to skillet with pork and toss, adding more cooking liquid by tablespoonfuls if dry. Season generously with black pepper. Divide among bowls and serve, passing remaining 1/4 cup Parmesan cheese alongside.

Nutrition Facts



PROTEIN 12.34% **FAT 55.65%** **CARBS 32.01%**

Properties

Glycemic Index:62.19, Glycemic Load:24.88, Inflammation Score:-9, Nutrition Score:25.093912819157%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 845.45kcal (42.27%), Fat: 51.28g (78.9%), Saturated Fat: 18.07g (112.94%), Carbohydrates: 66.37g (22.12%), Net Carbohydrates: 61.22g (22.26%), Sugar: 5.27g (5.86%), Cholesterol: 128.01mg (42.67%), Sodium: 458.81mg (19.95%), Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 25.6g (51.2%), Selenium: 63.47µg (90.67%), Vitamin K: 54.79µg (52.18%), Manganese: 0.96mg (48.07%), Vitamin A: 2070.91IU (41.42%), Phosphorus: 400.89mg (40.09%), Vitamin B1: 0.49mg (32.78%), Vitamin B3: 6.01mg (30.05%), Vitamin B2: 0.42mg (24.58%), Vitamin C: 19.93mg (24.16%), Zinc: 3.1mg (20.69%), Fiber: 5.16g (20.63%), Copper: 0.37mg (18.49%), Vitamin B6: 0.36mg (18.12%), Calcium: 172.22mg (17.22%), Magnesium: 68.09mg (17.02%), Vitamin B12: 0.96µg (16.04%), Potassium: 535.53mg (15.3%), Iron: 2.66mg (14.79%), Folate: 54.53µg (13.63%), Vitamin E: 1.4mg (9.36%), Vitamin B5: 0.92mg (9.23%), Vitamin D: 0.4µg (2.64%)