

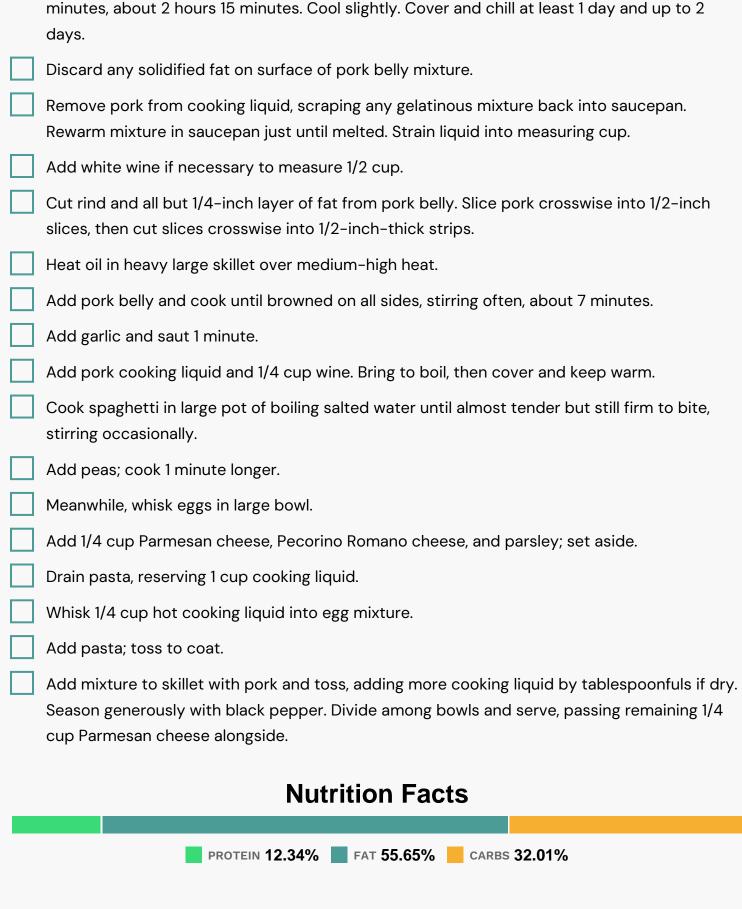
Spaghetti Carbonara with Pork Belly and Fresh Peas



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
П	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		
Eq	Equipment		
	bowl		
	frying pan		
	sauce pan		
	oven		
	whisk		
	pot		
	measuring cup		
	. .		
Di	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		



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

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: 2070.91lU (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%)