



Spaghetti Carbonara with Pork Belly and Fresh Peas

READY IN



45 min.

SERVINGS



6

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 small carrots peeled quartered
- ☐ 0.5 celery stalk cut into 2-inch pieces
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 0.5 teaspoon coriander seeds crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 large eggs

- ☐ 1.5 cups peas fresh shelled (from)
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves peeled smashed
- ☐ 0.5 cup low-salt 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 romano cheese grated
- ☐ 1 pound pork belly fresh
- ☐ 1 pound pasta like spaghetti

Equipment

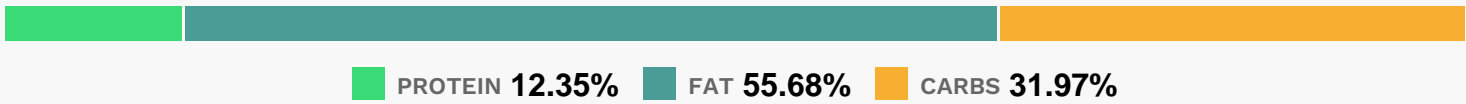
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Rub coarse salt and coriander into pork belly. Cover and chill at least 4 hours and up to 2 days.
- ☐ Preheat oven to 275°F.
- ☐ 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 sauté 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



Properties

Glycemic Index:59.69, Glycemic Load:24.86, Inflammation Score:-9, Nutrition Score:25.048695761224%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg,

Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg
Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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 Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin:
0.4mg, Myricetin: 0.4mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 841.35kcal (42.07%), Fat: 51.28g (78.9%), Saturated Fat: 18.07g (112.94%), Carbohydrates: 66.24g
(22.08%), Net Carbohydrates: 61.09g (22.21%), Sugar: 5.22g (5.81%), Cholesterol: 128.01mg (42.67%), Sodium:
458.56mg (19.94%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 25.59g (51.19%), Selenium: 63.46µg
(90.66%), Vitamin K: 54.77µg (52.16%), Manganese: 0.96mg (47.77%), Vitamin A: 2070.91IU (41.42%), Phosphorus:
399.99mg (40%), Vitamin B1: 0.49mg (32.77%), Vitamin B3: 6mg (30.02%), Vitamin B2: 0.42mg (24.53%), Vitamin
C: 19.93mg (24.16%), Zinc: 3.1mg (20.65%), Fiber: 5.16g (20.63%), Copper: 0.37mg (18.48%), Vitamin B6: 0.36mg
(18%), Calcium: 171.77mg (17.18%), Magnesium: 67.59mg (16.9%), Vitamin B12: 0.96µg (16.04%), Potassium:
531.98mg (15.2%), Iron: 2.65mg (14.72%), Folate: 54.48µg (13.62%), Vitamin E: 1.4mg (9.36%), Vitamin B5: 0.92mg
(9.21%), Vitamin D: 0.4µg (2.64%)