



## Spaghetti Pasta Carbonara

♥♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon olive oil extra virgin unsalted
- ☐ 0.5 pound pancetta diced thick cut
- ☐ 1 garlic cloves minced
- ☐ 3 eggs whole
- ☐ 1 cup pecorino cheese grated
- ☐ 1 pound spaghetti pasta (or bucatini or fettuccine)
- ☐ 4 servings salt and pepper black to taste

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

## Directions

- ☐ Heat pasta water: Put a large pot of salted water on to boil (1 Tbsp salt for every 2 quarts of water.)
- ☐ Sauté pancetta/bacon and garlic: While the water is coming to a boil, heat the olive oil in a large sauté pan over medium heat.
- ☐ Add the bacon or pancetta and cook slowly until crispy.
- ☐ Add the garlic (if using) and cook another minute, then turn off the heat and put the pancetta and garlic into a large bowl.
- ☐ Beat eggs and half of the cheese: In a small bowl, beat the eggs and mix in about half of the cheese.
- ☐ Cook pasta: Once the water has reached a rolling boil, add the dry pasta, and cook, uncovered, at a rolling boil.
- ☐ Toss pasta with pancetta/bacon: When the pasta is al dente (still a little firm, not mushy), use tongs to move it to the bowl with the bacon and garlic.
- ☐ Let it be dripping wet. Reserve some of the pasta water.
- ☐ Move the pasta from the pot to the bowl quickly, as you want the pasta to be hot. It's the heat of the pasta that will heat the eggs sufficiently to create a creamy sauce.
- ☐ Toss everything to combine, allowing the pasta to cool just enough so that it doesn't make the eggs curdle when you mix them in. (That's the tricky part.)
- ☐ Add the beaten egg mixture:
- ☐ Add the beaten eggs with cheese and toss quickly to combine once more.
- ☐ Add salt to taste.
- ☐ Add some pasta water back to the pasta to keep it from drying out.
- ☐ Serve at once with the rest of the parmesan and freshly ground black pepper.
- ☐ If you want, sprinkle with a little fresh chopped parsley.

## Nutrition Facts



 **PROTEIN 16.59%**  **FAT 41.17%**  **CARBS 42.24%**

## Properties

Glycemic Index:24.75, Glycemic Load:34.35, Inflammation Score:-5, Nutrition Score:21.148260781299%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 833.14kcal (41.66%), Fat: 37.59g (57.84%), Saturated Fat: 13.65g (85.3%), Carbohydrates: 86.79g (28.93%), Net Carbohydrates: 83.15g (30.24%), Sugar: 3.34g (3.71%), Cholesterol: 186.18mg (62.06%), Sodium: 923mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.2%), Selenium: 96.93µg (138.47%), Phosphorus: 552.46mg (55.25%), Manganese: 1.07mg (53.67%), Calcium: 312.64mg (31.26%), Zinc: 3.35mg (22.32%), Vitamin B3: 4.26mg (21.29%), Vitamin B2: 0.36mg (21.06%), Magnesium: 81.31mg (20.33%), Vitamin B6: 0.4mg (19.92%), Copper: 0.39mg (19.26%), Vitamin B1: 0.28mg (18.83%), Fiber: 3.64g (14.58%), Vitamin B12: 0.86µg (14.29%), Vitamin B5: 1.42mg (14.2%), Iron: 2.51mg (13.95%), Potassium: 435.26mg (12.44%), Folate: 37.69µg (9.42%), Vitamin E: 1.28mg (8.51%), Vitamin D: 1.01µg (6.75%), Vitamin A: 303IU (6.06%), Vitamin K: 2.88µg (2.74%)