



Spaghetti with Garlic, Onion and Pancetta: Spaghetti alla Gricia

READY IN



40 min.

SERVINGS



4

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small piece chile pepper dried crushed
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 pound guanciale diced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 4 servings pecorino cheese for grating
- ☐ 4 servings salt and pepper
- ☐ 1 pound pasta like spaghetti

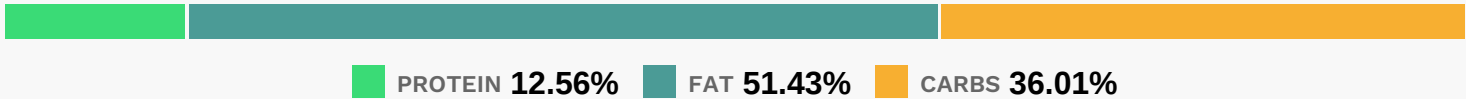
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a 12 to 14-inch saute pan, heat 1 tablespoon olive oil over high heat.
- ☐ Add the chile pepper and pancetta and render the fat from the pork.
- ☐ Remove the pancetta, reserving on a plate lined with paper towels.
- ☐ Add the remaining oil, onion and garlic and cook gently until golden brown, discarding the chile. Return the pancetta to the pan and keep warm.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the spaghetti in the boiling water until tender yet al dente.
- ☐ Drain the pasta and add to the saute pan with the pancetta. Grate the pecorino over, toss over high heat 1 minute, and serve, divided evenly among 4 warmed pasta bowls.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:34.83, Inflammation Score:-4, Nutrition Score:17.175652213719%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 982.38kcal (49.12%), Fat: 55.85g (85.92%), Saturated Fat: 22.14g (138.38%), Carbohydrates: 87.98g (29.33%), Net Carbohydrates: 83.99g (30.54%), Sugar: 4.06g (4.51%), Cholesterol: 91.95mg (30.65%), Sodium: 1047.72mg (45.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.4%), Selenium: 76.32µg (109.03%), Manganese: 1.1mg (54.75%), Phosphorus: 449.89mg (44.99%), Calcium: 349.96mg (35%), Magnesium:

74.64mg (18.66%), Copper: 0.35mg (17.42%), Zinc: 2.42mg (16.15%), Fiber: 3.99g (15.97%), Vitamin B6: 0.23mg (11.36%), Vitamin B2: 0.19mg (11%), Iron: 1.8mg (9.98%), Vitamin B3: 1.99mg (9.96%), Potassium: 312.66mg (8.93%), Vitamin B1: 0.12mg (8.29%), Folate: 25.95µg (6.49%), Vitamin B5: 0.65mg (6.48%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.71mg (4.71%), Vitamin A: 158.1IU (3.16%), Vitamin K: 3.11µg (2.96%), Vitamin C: 1.8mg (2.18%)