



Spaghetti with Pecorino Romano and Black Pepper

READY IN



20 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons peppercorns black
- ☐ 2.5 oz parmigiano-reggiano plus additional finely grated for serving ()
- ☐ 0.5 lb pasta like spaghetti

Equipment

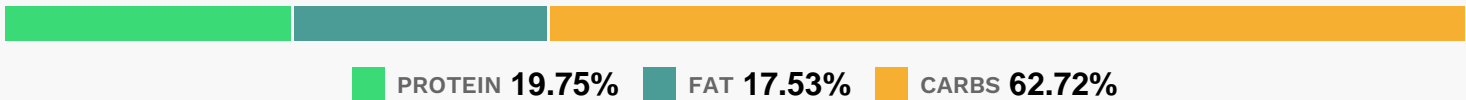
- ☐ bowl
- ☐ frying pan
- ☐ pot

- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ colander

Directions

- ☐ Toast peppercorns in a dry small skillet over moderately high heat, swirling skillet, until fragrant and peppercorns begin to jump, 2 to 3 minutes. Coarsely crush peppercorns with a mortar and pestle or wrap in a kitchen towel and press on peppercorns with bottom of a heavy skillet.
- ☐ Cook spaghetti in a 6- to 8-quart pot of boiling salted water until al dente.
- ☐ Fill a large glass or ceramic bowl with some hot water to warm bowl. Just before spaghetti is finished cooking, drain bowl but do not dry.
- ☐ Reserve 1/2 cup pasta cooking water, then drain pasta quickly in a colander (do not shake off excess water) and add to warm pasta bowl.
- ☐ Sprinkle 3/4 cup cheese and 3 tablespoons cooking water evenly over spaghetti and toss quickly. If pasta seems dry, toss with some additional cooking water.
- ☐ Divide pasta among 4 plates, then sprinkle with pepper and 2 tablespoons cheese (total).
- ☐ Serve immediately with additional cheese on the side.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:10.070000021354%

Nutrients (% of daily need)

Calories: 285.33kcal (14.27%), Fat: 5.5g (8.47%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 41.94g (15.25%), Sugar: 1.67g (1.86%), Cholesterol: 12.05mg (4.02%), Sodium: 287.69mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Selenium: 39.93µg (57.04%), Manganese: 0.8mg (40.2%), Phosphorus: 233.6mg (23.36%), Calcium: 231.44mg (23.14%), Magnesium: 41.61mg (10.4%), Copper: 0.2mg (9.94%), Fiber: 2.37g (9.48%), Zinc: 1.31mg (8.75%), Iron: 1.1mg (6.09%), Vitamin B2: 0.1mg (5.69%), Vitamin B3: 1.04mg (5.19%), Vitamin B6: 0.1mg (5.15%), Potassium: 171.98mg (4.91%), Vitamin B1: 0.06mg (4.02%), Vitamin K: 3.96µg (3.77%), Vitamin B5: 0.36mg (3.55%), Vitamin B12: 0.21µg (3.54%), Vitamin A: 150.42IU (3.01%), Folate:

11.82μg (2.96%)