



## The Silkiest Carbonara

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings pepper black freshly ground
- 1 large eggs
- 7 large egg yolk
- 0.8 teaspoon peppercorns green freshly ground
- 0.3 pound guanciale cut into 1/3" cubes (salt-cured pork jowl)
- 6 servings kosher salt
- 0.5 cup pecorino cheese finely grated plus more for garnish
- 0.8 teaspoon pepper freshly ground
- 1 pound rigatoni

0.5 teaspoon pepper white freshly ground

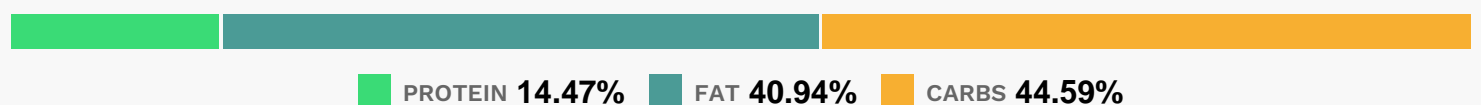
## Equipment

- bowl
- frying pan
- whisk
- pot
- sieve

## Directions

- Put guanciale in a large skillet and place over medium-low heat. Cook, stirring frequently, until fat renders but guanciale is not browned, about 5 minutes.
- Pour into a fine-mesh sieve set over a small bowl; reserve drippings.
- Transfer guanciale to a large bowl and let cool slightly.
- Add egg yolks and egg to bowl; whisk to blend.
- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- Drain, reserving 1/2 cup pasta cooking liquid.
- To egg mixture, immediately add rigatoni, 2 tablespoons pasta cooking liquid, and 1 teaspoon guanciale drippings; toss to coat. Working in 3 batches, gradually add Pecorino, stirring and tossing to melt between batches.
- Add green, pink, and white pepper (or 1 1/2-2 teaspoons black pepper); toss until sauce thickens, adding more pasta water by tablespoonfuls if needed. Season to taste with salt and black pepper.
- Divide among bowls.
- Garnish with Pecorino.

## Nutrition Facts



## Properties

Glycemic Index:22.17, Glycemic Load:22.82, Inflammation Score:-3, Nutrition Score:14.094347921726%

## Nutrients (% of daily need)

Calories: 525.07kcal (26.25%), Fat: 23.62g (36.35%), Saturated Fat: 9.2g (57.48%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 55.35g (20.13%), Sugar: 2.22g (2.47%), Cholesterol: 274.12mg (91.37%), Sodium: 494.45mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.58%), Selenium: 62.67µg (89.54%), Manganese: 0.76mg (38.02%), Phosphorus: 300.91mg (30.09%), Calcium: 136.91mg (13.69%), Vitamin B2: 0.22mg (12.93%), Copper: 0.25mg (12.43%), Zinc: 1.85mg (12.34%), Folate: 47.14µg (11.79%), Magnesium: 46.23mg (11.56%), Vitamin B5: 1.09mg (10.87%), Fiber: 2.55g (10.21%), Iron: 1.79mg (9.97%), Vitamin B6: 0.2mg (9.96%), Vitamin B12: 0.55µg (9.24%), Vitamin D: 1.28µg (8.53%), Vitamin A: 367.49IU (7.35%), Vitamin B1: 0.11mg (7.32%), Vitamin B3: 1.31mg (6.53%), Potassium: 213.68mg (6.11%), Vitamin E: 0.71mg (4.7%)