



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

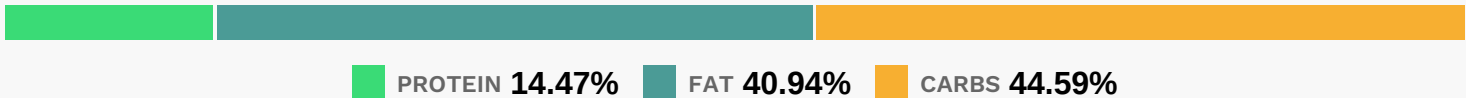
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Put guanciale in a large skillet and place overmedium-low heat. Cook, stirring frequently,until fat renders but guanciale is not browned,about 5 minutes.
- ☐ Pour into a fine-mesh sieve setover a small bowl; reserve drippings.
- ☐ Transferguanciale 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 teaspoonguanciale drippings; toss to coat. Working in 3 batches, gradually add Pecorino, stirringand tossing to melt between batches.
- ☐ Addgreen, pink, and white pepper (or 1 1/2-2 teaspoonsblack pepper); toss until sauce thickens, addingmore 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: Og (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%)