



## The ultimate makeover: Spaghetti carbonara

READY IN



35 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 85 g parmesan
- ☐ 2 eggs organic
- ☐ 200 g peas frozen
- ☐ 350 g pasta like spaghetti (we used De Cecco)
- ☐ 1 tbsp olive oil
- ☐ 100 g canadian bacon lean fat removed chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 handful chives snipped

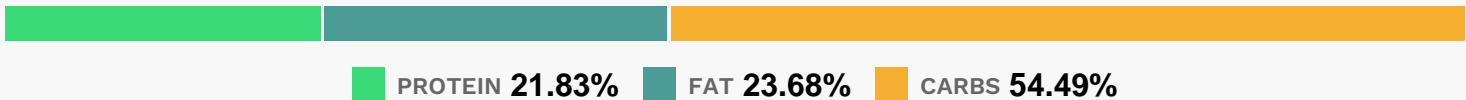
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ tongs

# Directions

- ☐ Bring a large saucepan of water to a boil with a pinch of salt. Then get everything ready. Grate the cheese and beat the eggs in a bowl with a little pepper. Cook the peas in boiling water for 2-3 mins, drain and set aside.
- ☐ Cook the spaghetti to al dente following pack instructions. While the spaghetti is cooking, heat the oil in a large, deep frying or saut pan. Fry the bacon for several mins until it starts to go crisp. Stir in the garlic and cook briefly until pale brown. Tip in the peas and if the spaghetti isnt quite ready, keep warm over a very low heat.
- ☐ When the pasta is done, take the pan with the bacon in off the heat. Lift the spaghetti out of its pan with a pair of tongs and drop it into the frying pan with the garlic, bacon and peas.
- ☐ Mix most of the cheese into the eggs, keeping back a handful of cheese for sprinkling over each serving. Quickly pour in the eggs and cheese, lifting and stirring with the tongs so everything mixes well and the spaghetti gets coated. Ladle in some more of the pasta water, enough to coat the spaghetti and create a bit of sauce in the pan.
- ☐ Spoon or twirl the pasta into shallow serving bowls using a long pronged fork.
- ☐ Serve immediately with a sprinkling of the reserved cheese, some snipped chives and a grating of black pepper.

# Nutrition Facts



# Properties

Glycemic Index:47.08, Glycemic Load:28.53, Inflammation Score:-7, Nutrition Score:23.273913134699%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 552.61kcal (27.63%), Fat: 14.36g (22.09%), Saturated Fat: 5.49g (34.34%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 68.63g (24.96%), Sugar: 5.46g (6.06%), Cholesterol: 108.79mg (36.26%), Sodium: 605.77mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.55%), Selenium: 74.21µg (106.01%), Manganese: 1.05mg (52.62%), Phosphorus: 474.04mg (47.4%), Calcium: 300.46mg (30.05%), Vitamin B1: 0.42mg (28.02%), Vitamin C: 21.05mg (25.51%), Fiber: 5.71g (22.83%), Vitamin B3: 4.18mg (20.91%), Zinc: 3.09mg (20.62%), Magnesium: 79.91mg (19.98%), Vitamin B2: 0.34mg (19.73%), Vitamin B6: 0.38mg (19.15%), Copper: 0.38mg (19.04%), Vitamin K: 17.18µg (16.36%), Folate: 62.17µg (15.54%), Iron: 2.66mg (14.79%), Vitamin A: 710.93IU (14.22%), Potassium: 462.05mg (13.2%), Vitamin B12: 0.62µg (10.31%), Vitamin B5: 1mg (10.05%), Vitamin D: 1.25µg (8.31%), Vitamin E: 1mg (6.66%)