



Tuscan Carbonara

READY IN



30 min.

SERVINGS



4

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 5 large egg yolks
- ☐ 0.3 cup heavy cream
- ☐ 1 medium onion diced finely
- ☐ 0.5 pound pancetta diced
- ☐ 1 cup parmigiano-reggiano grated
- ☐ 4 servings salt
- ☐ 1 pound pasta like spaghetti

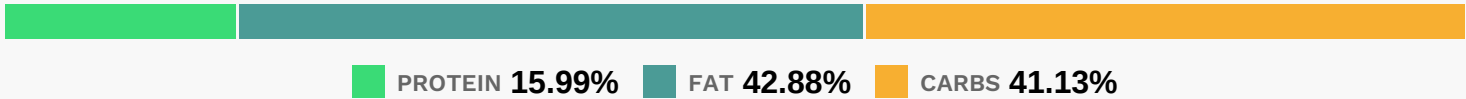
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ stove
- ☐ corkscrew

Directions

- ☐ Cook the spaghetti al dente (firm but not hard), in a large pot of boiling salted water according to package directions.
- ☐ Meanwhile, fry the pancetta and onion over medium-low heat in a large, straight sided skillet until the pancetta is crispy and the onion has softened. Turn the heat off.
- ☐ In a medium mixing bowl, whisk together the yolks, cream and grated cheese. When the spaghetti is ready drain and toss it into the skillet with the pancetta and onion. Quickly pour the egg mixture over the spaghetti and toss everything together well to combine. The residual heat from the skillet, onions and spaghetti will be enough to cook the eggs and make a creamy sauce. Direct heat from the stovetop will make an overcooked, scrambled egg, lumpy mess. Season the spaghetti with salt and pepper and serve immediately.
- ☐ Cook's Note: You can also make this dish using any pasta shape you like. Try penne, fusilli, shells or cavatappi for a twist on the classic.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:34.84, Inflammation Score:-6, Nutrition Score:22.982174163279%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg,

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Nutrients (% of daily need)

Calories: 885.39kcal (44.27%), Fat: 41.71g (64.16%), Saturated Fat: 17.42g (108.87%), Carbohydrates: 90.02g (30.01%), Net Carbohydrates: 85.9g (31.24%), Sugar: 4.95g (5.5%), Cholesterol: 300.73mg (100.24%), Sodium: 991.78mg (43.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.99g (69.99%), Selenium: 101.18µg (144.54%), Phosphorus: 569.1mg (56.91%), Manganese: 1.11mg (55.58%), Calcium: 366.77mg (36.68%), Zinc: 3.53mg (23.52%), Vitamin B6: 0.45mg (22.37%), Vitamin B3: 4.32mg (21.62%), Vitamin B1: 0.32mg (21.43%), Magnesium: 82.93mg (20.73%), Vitamin B2: 0.34mg (20.28%), Copper: 0.39mg (19.49%), Vitamin B12: 1.02µg (17.03%), Fiber: 4.12g (16.49%), Vitamin B5: 1.63mg (16.25%), Vitamin A: 742.41IU (14.85%), Folate: 59.02µg (14.76%), Iron: 2.58mg (14.31%), Potassium: 466.95mg (13.34%), Vitamin D: 1.74µg (11.58%), Vitamin E: 1.12mg (7.43%), Vitamin C: 2.12mg (2.57%), Vitamin K: 1.44µg (1.37%)