



Two-step carbonara

READY IN



15 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g pasta like spaghetti
- ☐ 140 g streaky bacon smoked diced
- ☐ 2 tsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 1 eggs
- ☐ 50 g parmesan grated

Equipment

- ☐ frying pan

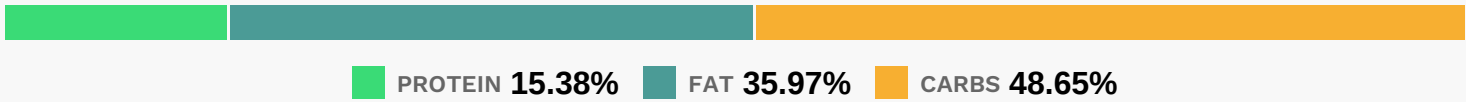
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whisk

Directions

- ☐ Boil the pasta. Meanwhile, fry pancetta in oil in a frying pan for a few mins until golden and crisp.
- ☐ Add garlic, fry for 1 min, then turn off the heat. Briefly whisk egg and yolks with most of the Parmesan and some seasoning.
- ☐ Drain pasta, reserving a little of the cooking water.
- ☐ Add eggs and a tbsp of cooking water, then mix until pasta is coated and creamy. The heat from the pasta will gently cook the sauce. Stir in the pancetta and garlic then serve, topped with the remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:26.44, Inflammation Score:-4, Nutrition Score:14.769130391919%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 555.07kcal (27.75%), Fat: 21.89g (33.67%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 66.6g (22.2%), Net Carbohydrates: 63.78g (23.19%), Sugar: 2.47g (2.74%), Cholesterol: 80.2mg (26.73%), Sodium: 439.53mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.12%), Selenium: 67.77µg (96.82%), Manganese: 0.82mg (41.19%), Phosphorus: 321.22mg (32.12%), Calcium: 175.31mg (17.53%), Vitamin B3: 2.94mg (14.68%), Magnesium: 56.49mg (14.12%), Zinc: 2.1mg (14.02%), Copper: 0.28mg (13.86%), Vitamin B6: 0.25mg (12.69%), Vitamin B1: 0.19mg (12.64%), Fiber: 2.82g (11.26%), Vitamin B2: 0.15mg (8.64%), Iron: 1.53mg (8.51%), Potassium: 283.86mg (8.11%), Vitamin B5: 0.77mg (7.67%), Vitamin B12: 0.41µg (6.88%), Folate: 23.22µg (5.8%), Vitamin E: 0.71mg (4.77%), Vitamin A: 175.53IU (3.51%), Vitamin D: 0.45µg (2.97%), Vitamin K: 1.7µg (1.62%)