



Zucchini Pasta Carbonara

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings salt
- 0.8 pound extra wide egg noodles
- 2 tablespoons olive oil extra virgin
- 1 teaspoon butter
- 0.3 pound pancetta thinly sliced
- 1 onion yellow chopped
- 3 cloves garlic minced
- 3 summer squash chopped

- 4 servings salt and pepper
- 4 eggs
- 1 cup parmesan cheese (grated plus more for topping)
- 1 teaspoon lemon zest
- 0.5 cup basil leaves (sliced thin)

Equipment

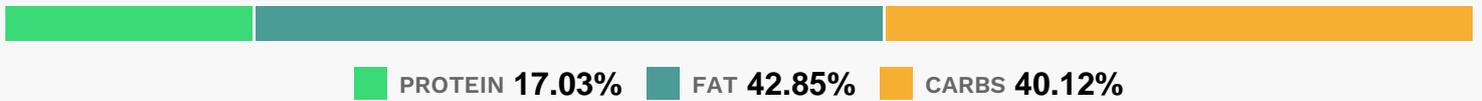
- bowl
- frying pan
- paper towels
- pot
- wooden spoon
- slotted spoon
- tongs

Directions

- Heat the pasta cooking water: To cook the pasta, bring a large pot of water to a boil. Salt the water (one tablespoon of salt for 2 quarts of water).
- Brown the prosciutto: As the water for the pasta is heating, prep your vegetables and heat olive oil and butter on medium high in a large sauté pan.
- Working in batches, lay pieces of sliced prosciutto down in the pan. Fry gently on both sides until just lightly browned (no more than a minute, more likely 30 seconds each side, the prosciutto is very thin), remove from pan with tongs or a slotted spoon to a paper towel-lined plate to drain.
- Once cool, tear into bite-sized pieces. Reserve oil in the pan.
- Add pasta to boiling salted water. The pasta should take about 10–12 minutes to cook until al dente (cooked but still a bit firm), which is just about the right amount of time you'll need to cook the vegetables. Cook with a rolling boil, uncovered.
- Sauté onions, garlic, summer squash: While the pasta is cooking, add the onions, garlic, and summer squash to the sauté pan that you had used to cook the prosciutto. The heat should be medium high.

- Stir the vegetables so that they are all coated with oil from the pan, then spread them out in the pan, generously salt and pepper them. Cook until they are just lightly browned, stirring only occasionally.
- Remove from heat.
- Beat the eggs, add Parmesan and lemon zest: In a medium bowl, beat the eggs and mix in the grated Parmesan and lemon zest.
- Add cooked pasta to vegetables, stir in egg mixture: When the pasta is ready, reserve 1/2 cup of the cooking liquid, then drain the pasta.
- Add the pasta to the squash and onions (or add the veggies to the pasta, depending on the size of your pans).
- Pour the egg, Parmesan, lemon zest mixture over the pasta mixture and quickly stir in with a wooden spoon. The heat from the pasta will sufficiently cook the eggs.
- Add a little of the reserved pasta cooking water if it looks a little dry. Stir in the prosciutto and basil.
- Garnish with more basil and grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:27.29, Inflammation Score:-8, Nutrition Score:28.526086807251%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 722.61kcal (36.13%), Fat: 34.55g (53.15%), Saturated Fat: 11.71g (73.21%), Carbohydrates: 72.79g (24.26%), Net Carbohydrates: 67.75g (24.64%), Sugar: 6.23g (6.92%), Cholesterol: 278.27mg (92.76%), Sodium: 1105.84mg (48.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.8%), Selenium: 95.75µg (136.79%), Manganese: 1.13mg (56.48%), Phosphorus: 560.73mg (56.07%), Vitamin B6: 0.74mg (37.05%), Vitamin B2: 0.61mg (35.8%), Vitamin C: 28.91mg (35.04%), Calcium: 315.86mg (31.59%), Zinc: 4.14mg (27.63%), Magnesium: 97.09mg

(24.27%), Folate: 96.91µg (24.23%), Potassium: 814.78mg (23.28%), Vitamin B1: 0.34mg (22.42%), Vitamin K: 22.29µg (21.23%), Copper: 0.41mg (20.55%), Fiber: 5.04g (20.16%), Vitamin A: 1001.56IU (20.03%), Vitamin B5: 1.97mg (19.73%), Vitamin B3: 3.77mg (18.86%), Iron: 3.37mg (18.71%), Vitamin B12: 1.12µg (18.66%), Vitamin E: 2.27mg (15.15%), Vitamin D: 1.37µg (9.16%)