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## Classic Pasta Carbonara ♦

Pasta Carbonara is a classic Italian dish that originated in Rome. It is traditionally made with spaghetti, eggs, pancetta or bacon, Parmesan cheese, and black pepper. The dish is known for its creamy texture and rich flavor. It is often served as a main course and is enjoyed by pasta lovers around the world.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>320 g</b>	spaghetti
<b>4 pieces</b>	Eggs
<b>150 g</b>	pancetta
<b>100 g</b>	parmesan cheese

1 tsp Black pepper

## Directions

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### Step 1

Boiling

Cook the spaghetti according to the package instructions. Drain and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Mixing

In a large mixing bowl, whisk together the eggs, grated Parmesan cheese, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Frying

In a frying pan, cook the pancetta until crispy. Remove from heat and set aside.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

### Mixing

Add the cooked spaghetti to the bowl with the egg mixture. Toss until the spaghetti is coated evenly.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 5

### Mixing

Add the cooked pancetta to the spaghetti mixture. Toss again to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Serving

Serve the pasta carbonara hot, garnished with additional grated Parmesan cheese and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 415 kcal

**Fat:** 18 g

**Protein:** 17 g

**Carbohydrates:** 48 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	17 g	100%	100%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	48 g	87.27%	96%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	18 g	64.29%	72%
Cholesterol	198 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	170 iu	18.89%	24.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	420 mg	18.26%	18.26%
Calcium	150 mg	15%	15%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	32 mcg	58.18%	58.18%

## Recipe Attributes

### Cuisines

Italian Chinese American

### Kitchen Tools

Slow Cooker

### Course

Appetizers Side Dishes Sauces & Dressings

### Cultural

Chinese New Year

### Diet

Gluten-Free Diet Low Sodium Diet Nutrient Timing Diet The Gerson Therapy  
 The F-Plan Diet The Israeli Army Diet The Air Diet The Breatharian Diet  
 The Werewolf Diet The Five-Bite Diet The Negative Calorie Diet  
 The Best Life Diet

### Meal Type

Lunch Dinner

### Difficulty Level

Medium

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