



Amatriciana

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

391 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon diced
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 pound linguine pasta uncooked
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 29 ounce stewed tomatoes canned

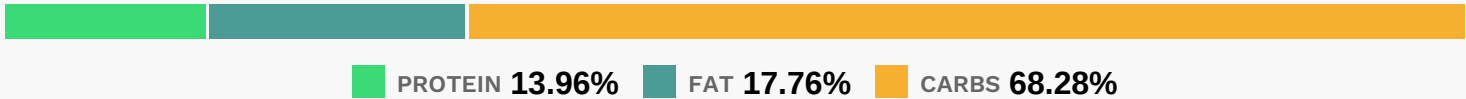
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook diced bacon in a large saucepan over medium high heat until crisp, about 5 minutes.
- ☐ Drain all but 2 tablespoons of drippings from the pan.
- ☐ Add onions, and cook over medium heat about 3 minutes. Stir in garlic and red pepper flakes; cook 30 seconds.
- ☐ Add canned tomatoes, undrained; simmer 10 minutes, breaking up tomatoes.
- ☐ Meanwhile, cook the pasta in a large pot of 4 quarts boiling salted water until al dente.
- ☐ Drain.
- ☐ Stir basil into the sauce, and then toss with cooked pasta.
- ☐ Serve with grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:23.02, Inflammation Score:-5, Nutrition Score:14.221304222294%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 390.66kcal (19.53%), Fat: 7.72g (11.88%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 66.79g (22.26%), Net Carbohydrates: 62.73g (22.81%), Sugar: 7.42g (8.24%), Cholesterol: 11.13mg (3.71%), Sodium: 435.61mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Selenium: 52.29µg (74.7%), Manganese: 0.81mg (40.4%), Phosphorus: 207.04mg (20.7%), Copper: 0.39mg (19.38%), Iron: 2.93mg (16.3%), Fiber: 4.06g (16.24%),

Magnesium: 60.65mg (15.16%), Vitamin C: 12.03mg (14.58%), Potassium: 508.41mg (14.53%), Vitamin B3: 2.89mg (14.43%), Vitamin B1: 0.18mg (11.96%), Zinc: 1.58mg (10.53%), Vitamin B6: 0.2mg (9.77%), Vitamin E: 1.33mg (8.86%), Calcium: 82.77mg (8.28%), Vitamin B2: 0.12mg (6.83%), Vitamin A: 298.13IU (5.96%), Vitamin B5: 0.59mg (5.9%), Folate: 23.36µg (5.84%), Vitamin K: 4.93µg (4.69%), Vitamin B12: 0.1µg (1.6%)