



American-Italian all'Amatriciana

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices peppered bacon lean chopped
- ☐ 6 servings bell pepper black
- ☐ 1 cup chicken stock see
- ☐ 28 ounce canned tomatoes fire roasted crushed canned
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 4 cloves garlic grated finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 large onion red chopped
- ☐ 6 servings salt

- ☐ 6 servings sharp cheddar shredded white
- ☐ 1 pound penne pasta whole-wheat

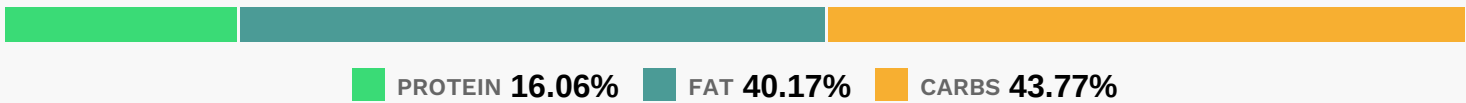
Equipment

- ☐ frying pan

Directions

- ☐ Heat water to boil for pasta, season with salt and cook pasta to al dente.
- ☐ Heat a deep skillet over medium-high heat with extra-virgin olive oil, a turn of the pan.
- ☐ Add bacon and crisp 4 to 5 minutes then add onions and garlic cook to soften, 5 to 6 minutes. Stir in stock then tomatoes and season with pepper to taste. Simmer sauce 15 minutes. Toss pasta with sauce and parsley.
- ☐ Serve with grated sharp white Cheddar.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:9.2756522012793%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 542.9kcal (27.14%), Fat: 23.67g (36.42%), Saturated Fat: 9.3g (58.12%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 51.16g (18.61%), Sugar: 6.18g (6.86%), Cholesterol: 45.72mg (15.24%), Sodium: 798.08mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Fiber: 6.86g (27.45%), Calcium: 263.43mg (26.34%), Selenium: 14.17µg (20.25%), Phosphorus: 188.8mg (18.88%), Vitamin A: 896.38IU (17.93%), Vitamin K: 13.41µg (12.77%), Vitamin B2: 0.19mg (11.3%), Zinc: 1.48mg (9.87%), Vitamin B3: 1.58mg (7.89%), Vitamin B6: 0.15mg (7.57%), Vitamin B12: 0.43µg (7.13%), Vitamin C: 5.33mg (6.46%), Vitamin B1: 0.1mg (6.44%), Iron: 1.07mg (5.97%), Vitamin E: 0.68mg (4.53%), Potassium: 148.53mg (4.24%), Manganese: 0.08mg (3.84%), Magnesium:

15.18mg (3.8%), Folate: 12.87µg (3.22%), Vitamin B5: 0.28mg (2.85%), Copper: 0.06mg (2.82%), Vitamin D: 0.27µg (1.79%)