



Bucatini all'Amatriciana

READY IN

ready

28 min.

SERVINGS

servings

6

CALORIES

calories

494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 1 pound bucatini pasta with a hole down the center of it)
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 6 servings romano grated

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6 servings salt

Equipment

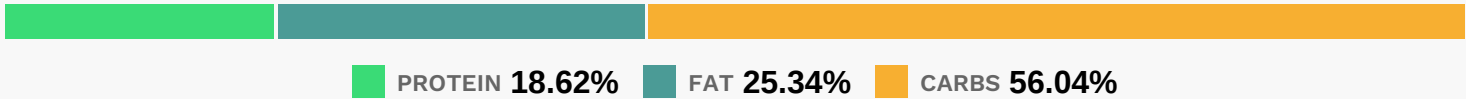
☐

pot

Directions

- ☐
- Bring a large pot of salted water to a boil and salt the water.
- ☐
- Heat a large deep over medium high heat.
- ☐
- Add oil and pancetta. Cook pancetta 2 or 3 minutes then add onions and garlic and crushed red pepper flakes. Cook 7 or 8 minutes more, until onions are translucent.
- ☐
- Add tomatoes and parsley. Season the sauce with salt and pepper. Simmer sauce over low heat until ready to serve.
- ☐
- Cook bucatini pasta to al dente or, with a bite to it.
- ☐
- Drain pasta well. Do not rinse. Starchy pasta holds more sauce. Toss hot pasta with sauce and serve. Pass grated cheese at the table.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:26.25, Inflammation Score:-7, Nutrition Score:21.805217452671%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 493.64kcal (24.68%), Fat: 14.02g (21.57%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 69.75g (23.25%), Net Carbohydrates: 64.28g (23.37%), Sugar: 8.91g (9.9%), Cholesterol: 20.4mg (6.8%), Sodium: 860.96mg (37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Selenium: 55.77µg (79.68%), Manganese: 1.02mg (50.97%), Calcium: 427.44mg (42.74%), Phosphorus: 403.72mg (40.37%), Vitamin K:

32.9µg (31.33%), Copper: 0.49mg (24.51%), Fiber: 5.47g (21.89%), Magnesium: 83.4mg (20.85%), Vitamin B6: 0.39mg (19.42%), Vitamin C: 15.93mg (19.31%), Potassium: 633.91mg (18.11%), Iron: 3.2mg (17.77%), Vitamin E: 2.62mg (17.46%), Zinc: 2.33mg (15.55%), Vitamin B3: 3.08mg (15.38%), Vitamin A: 730.99IU (14.62%), Vitamin B2: 0.23mg (13.27%), Vitamin B1: 0.19mg (12.9%), Folate: 38.59µg (9.65%), Vitamin B5: 0.87mg (8.74%), Vitamin B12: 0.36µg (6%)