

Bucatini all'Amatriciana

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces bucatini pasta or any long, tubular pasta, cooked al dente*
- 28 ounce tomatoes diced drained canned
- 0.1 teaspoon chipotle chili powder
- 0.1 teaspoon sesame oil dark
- 1 teaspoon garlic chopped
- 0.5 teaspoon liquid smoke
- 1 small onion chopped
- 0.3 teaspoon onion powder

- 0.5 teaspoon paprika smoked spanish
- 6 servings salt to taste
- 6 servings soybean oil
- 2 tablespoons soya sauce
- 4 ounces tempeh crumbled
- 2 tablespoons vegetable stock
- 6 servings frangelico
- 6 servings frangelico

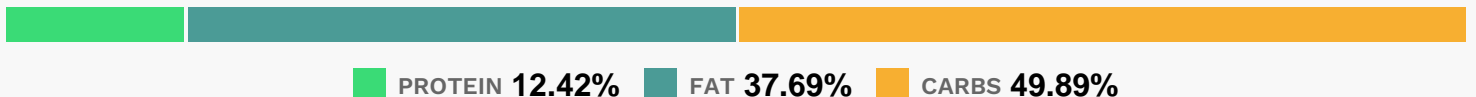
Equipment

- frying pan

Directions

- Mix the first 8 ingredients and set aside to marinate for at least half an hour and up to 24 hours. Spray a non-stick skillet lightly with olive oil.
- Add the onion and sauté until it begins to brown, about 5 minutes.
- Add the tempeh mixture and cook, stirring, for about 3 minutes.
- Add the tomatoes, chili powder, paprika, and 1/4 cup of the tomato liquid and stir well. Cook over medium heat, stirring often, for about 15 minutes. If it begins to look dried out, add a little more tomato juice.
- Add the Liquid Smoke and salt to taste. Toss with the pasta and serve sprinkled with soy parmesan. Makes 6 servings.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:17.65, Inflammation Score:-5, Nutrition Score:14.682174039924%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 403.95kcal (20.2%), Fat: 17.2g (26.46%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 51.23g (17.08%), Net Carbohydrates: 47.75g (17.37%), Sugar: 5.33g (5.92%), Cholesterol: 0mg (0%), Sodium: 745.57mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.52%), Selenium: 36.17µg (51.68%), Manganese: 0.93mg (46.29%), Vitamin K: 29.89µg (28.46%), Phosphorus: 195.44mg (19.54%), Copper: 0.38mg (18.87%), Vitamin C: 13.34mg (16.17%), Magnesium: 64.06mg (16.02%), Iron: 2.76mg (15.31%), Vitamin B6: 0.31mg (15.26%), Vitamin E: 2.18mg (14.5%), Potassium: 490.26mg (14.01%), Fiber: 3.48g (13.92%), Vitamin B3: 2.68mg (13.4%), Vitamin B2: 0.19mg (11.16%), Vitamin B1: 0.14mg (9.08%), Zinc: 1.26mg (8.43%), Calcium: 79.65mg (7.96%), Folate: 28.78µg (7.2%), Vitamin A: 260.16IU (5.2%), Vitamin B5: 0.5mg (4.98%)