






 **9%**
HEALTH SCORE

Bucatini All'amatriciana

 **Gluten Free**

READY IN

45 min.

SERVINGS

6

CALORIES

167 kcal

- SIDE DISH**
- ANTIPASTI**
- STARTER**
- SNACK**

Ingredients

- 2 tablespoons balsamic vinegar
- 3 cups cherry tomatoes chopped
- 1 garlic clove peeled
- 3 tablespoons olive oil extra virgin extra-virgin divided
- 1 cup onion finely chopped
- 2.5 ounces pecorino cheese freshly grated
- 1 pepper dried red crushed
- 4 ounces canadian bacon divided sliced cut into 1x1/4-inch strips,

Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Heat 1 tablespoon oil in heavy large skillet over medium heat.
- Add half of guanciale and sauté until crisp, about 5 minutes.
- Transfer guanciale to paper towels to drain (do not clean skillet). Reserve for garnish.
- Add 2 tablespoons oil to same skillet over medium–low heat.
- Add garlic and peperoncino; sauté until peperoncino darkens, about 2 minutes.
- Add onion and remaining guanciale; sauté until onion is translucent and fat has rendered from guanciale, about 10 minutes. Stir in vinegar; cook 1 minute.
- Add tomatoes; simmer 6 minutes. Season sauce with salt and pepper.
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- Drain, reserving 1/2 cup pasta cooking liquid. Return pasta to same pot.
- Add tomato sauce and cheese to pasta and toss, adding some of reserved pasta cooking liquid if dry. Season to taste with salt and pepper.
- Transfer pasta to bowl.
- Sprinkle with reserved guanciale and serve.

Nutrition Facts



PROTEIN 20.68% **FAT 61.99%** **CARBS 17.33%**

Properties

Glycemic Index:22.33, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:7.686087038206%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 166.83kcal (8.34%), Fat: 11.61g (17.87%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.32g (2.3%), Sugar: 3.88g (4.31%), Cholesterol: 21.73mg (7.24%), Sodium: 323.59mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Vitamin C: 19.12mg (23.17%), Phosphorus: 166.12mg (16.61%), Calcium: 143.99mg (14.4%), Vitamin B1: 0.19mg (12.43%), Vitamin E: 1.5mg (10.03%), Selenium: 7.02µg (10.03%), Vitamin B6: 0.18mg (9.06%), Vitamin A: 418.85IU (8.38%), Potassium: 284.89mg (8.14%), Vitamin B3: 1.62mg (8.1%), Manganese: 0.14mg (6.75%), Vitamin K: 6.69µg (6.37%), Vitamin B2: 0.1mg (5.91%), Zinc: 0.73mg (4.85%), Iron: 0.87mg (4.84%), Magnesium: 18.22mg (4.55%), Vitamin B12: 0.26µg (4.32%), Folate: 16.35µg (4.09%), Copper: 0.08mg (4.07%), Fiber: 0.99g (3.96%), Vitamin D: 0.59µg (3.92%), Vitamin B5: 0.28mg (2.8%)