



Bucatini All'Amatriciana

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 ounces bucatini pasta dried
- ☐ 28 ounce canned tomatoes with juices, crushed by hand peeled canned
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 cup onion minced
- ☐ 1 ounce pecorino cheese finely grated
- ☐ 0.5 teaspoon pepper red crushed

☐ 4 ounces canadian bacon thinly sliced chopped

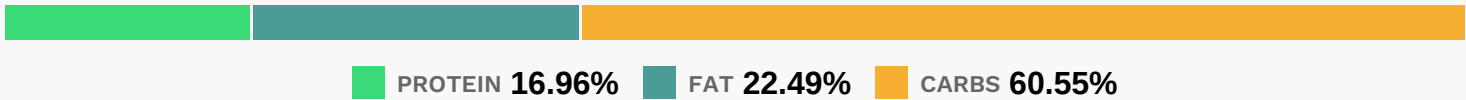
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Heat oil in a large heavy skillet over medium heat.
- ☐ Add guanciale and sauté until crisp and golden, about 4 minutes.
- ☐ Add pepper flakes and black pepper; stir for 10 seconds.
- ☐ Add onion and garlic; cook, stirring often, until soft, about 8 minutes.
- ☐ Add tomatoes, reduce heat to low, and cook, stirring occasionally, until sauce thickens, 15–20 minutes.
- ☐ Meanwhile, bring a large pot of water to a boil. Season with salt; add the pasta and cook, stirring occasionally, until 2 minutes before al dente.
- ☐ Drain, reserving 1 cup of pasta cooking water.
- ☐ Add drained pasta to sauce in skillet and toss vigorously with tongs to coat.
- ☐ Add 1/2 cup of the reserved pasta water and cook until sauce coats pasta and pasta is al dente, about 2 minutes. (
- ☐ Add a little pasta water if sauce is too dry.) Stir in cheese and transfer pasta to warmed bowls

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:26.39, Inflammation Score:-7, Nutrition Score:21.178260741027%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 498.65kcal (24.93%), Fat: 12.51g (19.24%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 75.76g (25.25%), Net Carbohydrates: 70.36g (25.59%), Sugar: 8.35g (9.28%), Cholesterol: 21.55mg (7.18%), Sodium: 829.74mg (36.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.46%), Selenium: 62.49µg (89.27%), Manganese: 1.04mg (52.05%), Phosphorus: 333.34mg (33.33%), Vitamin B1: 0.4mg (26.6%), Vitamin B6: 0.52mg (25.91%), Vitamin C: 21.15mg (25.63%), Vitamin B3: 4.71mg (23.54%), Fiber: 5.4g (21.59%), Copper: 0.42mg (20.99%), Potassium: 724.48mg (20.7%), Magnesium: 78.81mg (19.7%), Iron: 3.47mg (19.3%), Vitamin E: 2.63mg (17.55%), Calcium: 168.79mg (16.88%), Vitamin B2: 0.25mg (14.57%), Zinc: 2.14mg (14.24%), Vitamin K: 11.03µg (10.5%), Folate: 38.67µg (9.67%), Vitamin B5: 0.83mg (8.3%), Vitamin A: 337.82IU (6.76%), Vitamin D: 0.83µg (5.53%), Vitamin B12: 0.27µg (4.49%)