



Bucatini All'amatriciana

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 12 ounces pasta like spaghetti
- ☐ 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,

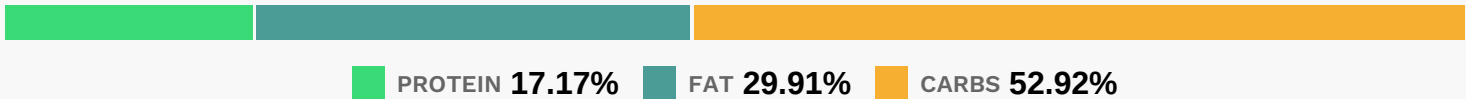
Equipment

- ☐ 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



Properties

Glycemic Index:29.33, Glycemic Load:18.19, Inflammation Score:-6, Nutrition Score:13.981739272242%

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: 377.18kcal (18.86%), Fat: 12.47g (19.18%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 46.84g (17.03%), Sugar: 5.39g (5.99%), Cholesterol: 21.73mg (7.24%), Sodium: 326.99mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Selenium: 42.85µg (61.22%), Manganese: 0.65mg (32.74%), Phosphorus: 273.28mg (27.33%), Vitamin C: 19.12mg (23.17%), Vitamin B1: 0.24mg (15.83%), Calcium: 155.9mg (15.59%), Vitamin B6: 0.26mg (13.08%), Vitamin B3: 2.58mg (12.92%), Copper: 0.25mg (12.26%), Magnesium: 48.27mg (12.07%), Potassium: 411.33mg (11.75%), Fiber: 2.81g (11.22%), Vitamin E: 1.57mg (10.44%), Zinc: 1.53mg (10.18%), Iron: 1.61mg (8.93%), Vitamin A: 418.85IU (8.38%), Vitamin B2: 0.13mg (7.91%), Folate: 26.56µg (6.64%), Vitamin K: 6.75µg (6.43%), Vitamin B5: 0.52mg (5.25%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.59µg (3.92%)