



## Bucatini All'Amatriciana with Spicy Smoked Mozzarella Meatballs

READY IN



75 min.

SERVINGS



6

CALORIES



784 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 0.3 cup bread crumbs italian-style
- 1 pound bucatini pasta
- 14 ounce canned tomatoes crushed canned
- 1 large eggs
- 0.5 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 3 garlic cloves minced

- 8 ounces ground beef
- 8 ounces ground veal
- 2 tablespoons catsup
- 0.5 teaspoon kosher salt plus more for seasoning
- 1 teaspoon kosher salt plus more for seasoning
- 2 ounces mozzarella cheese smoked cut into 16 (1/2-inch) cubes
- 2 tablespoons olive oil
- 6 ounce onion grated
- 6 ounces pancetta diced
- 0.7 cup parmesan cheese grated
- 0.5 cup pecorino cheese grated
- 0.3 teaspoon pepper flakes red crushed
- 1 pinch pepper flakes red crushed
- 1 onion yellow finely chopped

## Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- pot
- slotted spoon

## Directions

- Watch how to make this recipe.
- For the sauce: In a large heavy skillet, heat the oil over medium heat.
- Add the pancetta and cook, stirring constantly, until golden brown, about 5 to 7 minutes. Using a slotted spoon, remove the pancetta and reserve.

- Add the onion and cook for 5 minutes. Stir in the garlic and red pepper flakes and cook until fragrant, about 30 seconds.
- Add the tomatoes, 1/2 teaspoon salt, 1/2 teaspoon black pepper, and the cooked pancetta. Simmer, uncovered, over medium-low heat until the sauce thickens, about 15 minutes. Stir in the cheese and season with salt and pepper, to taste.
- For the meatballs: Position an oven rack in the lower 1/3 of the oven. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, combine the onion, 1/2 cup parsley, 2/3 cup Parmesan, bread crumbs, egg, ketchup, garlic, red pepper flakes, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Add the beef and veal. Using your hands, combine all ingredients gently but thoroughly. Shape the meat mixture into 16 (1 1/2-inch-diameter) meatballs and place on the prepared baking sheet. Make a hole in the center of each meatball and place a cube of mozzarella inside. Reform the meatball so that the mozzarella is completely covered with the meat mixture.
- Bake the meatballs for 15 minutes until cooked through.
- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- Drain and place in a large serving bowl.
- Add the meatballs and sauce. Toss gently and season with salt and pepper, to taste.
- Sprinkle with the remaining parsley and Parmesan.

## Nutrition Facts

**PROTEIN 20.04%** **FAT 41.57%** **CARBS 38.39%**

### Properties

Glycemic Index:52, Glycemic Load:25.45, Inflammation Score:-8, Nutrition Score:31.61304343265%

### Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg

## Nutrients (% of daily need)

Calories: 784.49kcal (39.22%), Fat: 36.07g (55.49%), Saturated Fat: 13.36g (83.52%), Carbohydrates: 74.93g (24.98%), Net Carbohydrates: 69.88g (25.41%), Sugar: 8.62g (9.58%), Cholesterol: 133.34mg (44.45%), Sodium: 1378.87mg (59.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.23%), Selenium: 74.04µg (105.77%), Vitamin K: 90.84µg (86.51%), Phosphorus: 557.08mg (55.71%), Manganese: 1.04mg (52.13%), Vitamin B3: 8.32mg (41.59%), Zinc: 5.66mg (37.74%), Vitamin B6: 0.7mg (35.1%), Vitamin B12: 2.01µg (33.52%), Calcium: 326.9mg (32.69%), Vitamin B2: 0.45mg (26.39%), Copper: 0.49mg (24.3%), Potassium: 821.98mg (23.49%), Magnesium: 93.86mg (23.47%), Vitamin B1: 0.34mg (22.96%), Iron: 4.13mg (22.94%), Vitamin C: 17.18mg (20.82%), Fiber: 5.05g (20.2%), Vitamin A: 870.86IU (17.42%), Vitamin B5: 1.7mg (16.96%), Vitamin E: 2.31mg (15.37%), Folate: 59.07µg (14.77%), Vitamin D: 0.45µg (3.02%)