



Bucatini with Butter-Roasted Tomato Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 fillet anchovy packed in oil
- ☐ 12 ounces pasta like spaghetti
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 8 garlic clove crushed peeled
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings parmesan finely grated (for serving)
- ☐ 0.5 teaspoon pepper red crushed plus more for serving
- ☐ 0.3 cup butter unsalted cut into small pieces ()

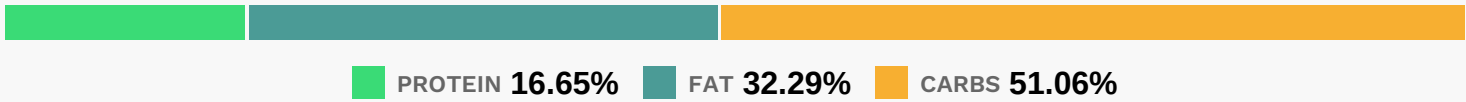
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 425°F.
- ☐ Combine tomatoes (crushing them with your hands), garlic, anchovies, butter, and 1/2 teaspoon red pepper flakes in a 13x9" baking dish; season with salt and black pepper. Roast, tossing halfway through, until garlic is very soft and mixture is jammy, 35–40 minutes. Using a potato masher or fork, mash to break up garlic and tomatoes.
- ☐ Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain, reserving 1/2 cup pasta cooking liquid.
- ☐ Return pasta to pot and add tomato sauce and pasta cooking liquid. Cook over medium–high heat, tossing until sauce coats pasta, about 3 minutes.
- ☐ Serve topped with Parmesan and more red pepper flakes.
- ☐ DO AHEAD: Tomato sauce can be made 4 days ahead.
- ☐ Let cool; cover and chill. Reheat before mixing with pasta.
- ☐ More Ideas For...Roasted Tomato Sauce
- ☐ You may never stir again once you've given this low-maintenance tomato sauce a try. Roasting coaxes depth from canned tomatoes, instilling a long-cooked flavor. A generous amount of garlic and anchovies adds even more character. Here are other ways to use the wonderful sauce beyond pasta: Tomato Soup Purée with vegetable or chicken stock and a splash of cream for a warming bowl. Omelet Fold a spoonful inside an omelet along with pieces of smoked mozzarella. Pizza It is tomato sauce, after all.
- ☐ Spread it on pizza dough and shower with Parmesan.
- ☐ Bake and top with more anchovies, parsley, and lemon zest.
- ☐ Per serving: 490 calories, 13 g fat, 5 g fiber

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:26.36, Inflammation Score:-7, Nutrition Score:21.831304653831%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 581.11kcal (29.06%), Fat: 20.96g (32.25%), Saturated Fat: 12.52g (78.25%), Carbohydrates: 74.59g (24.86%), Net Carbohydrates: 69.65g (25.33%), Sugar: 7.32g (8.13%), Cholesterol: 52.1mg (17.37%), Sodium: 778.26mg (33.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.63%), Selenium: 62.48µg (89.26%), Manganese: 1.06mg (52.9%), Calcium: 453.05mg (45.31%), Phosphorus: 423.62mg (42.36%), Vitamin C: 20.33mg (24.64%), Vitamin B6: 0.45mg (22.58%), Copper: 0.42mg (21.03%), Magnesium: 83.25mg (20.81%), Fiber: 4.94g (19.78%), Iron: 3.5mg (19.44%), Potassium: 631.67mg (18.05%), Vitamin A: 897.24IU (17.94%), Vitamin B3: 3.3mg (16.49%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.43mg (16.2%), Vitamin E: 1.95mg (13%), Vitamin B1: 0.19mg (12.81%), Folate: 34.16µg (8.54%), Vitamin B5: 0.8mg (8.05%), Vitamin K: 7.88µg (7.5%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.36µg (2.42%)