



Bucatini with Skate Sauce: Bucatini alla Razza



Dairy Free

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READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 1 pound bucatini pasta
- ☐ 28 ounce canned tomatoes drained canned
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 sprig rosemary fresh
- ☐ 2 cloves garlic roughly chopped
- ☐ 2 tablespoons parsley finely chopped
- ☐ 6 servings salt and pepper to taste

☐ 2 pounds skate wings

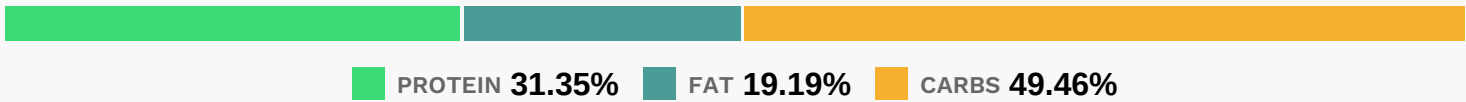
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut the fish into 5 or 6 pieces and set aside.
- ☐ In a 10-inch saute pan, heat the oil over medium heat and add the garlic, rosemary, skate and broccoli. Cook the fish and broccoli, turning the pieces to cook evenly, about 5 minutes total.
- ☐ Remove the rosemary and add half the parsley and the tomatoes. Bring to a boil over medium heat, then reduce to a simmer. Cook for 10 minutes, then keep warm.
- ☐ Remove the fish from the sauce and flake off the bones. Return it to the sauce.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the bucatini according to the package directions, until tender yet al dente.
- ☐ Drain the pasta and add it to the sauce along with the remaining parsley and salt and pepper to taste. Toss over high heat 1 minutes and divide evenly among warmed pasta bowls.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:25.7, Inflammation Score:-6, Nutrition Score:18.977391201517%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 550.13kcal (27.51%), Fat: 11.64g (17.91%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 67.52g (22.51%), Net Carbohydrates: 62.13g (22.59%), Sugar: 8.12g (9.02%), Cholesterol: 84.67mg (28.22%), Sodium: 515.14mg (22.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.8g (85.6%), Selenium: 49.1µg (70.14%), Manganese:

0.99mg (49.34%), Vitamin K: 49.86µg (47.48%), Vitamin C: 27.79mg (33.68%), Copper: 0.47mg (23.66%), Fiber: 5.39g (21.58%), Vitamin E: 3.16mg (21.08%), Phosphorus: 197.54mg (19.75%), Magnesium: 70.65mg (17.66%), Potassium: 615.78mg (17.59%), Vitamin B6: 0.35mg (17.3%), Iron: 2.97mg (16.48%), Vitamin B3: 3.02mg (15.12%), Vitamin B1: 0.18mg (12.08%), Folate: 42.44µg (10.61%), Zinc: 1.51mg (10.08%), Vitamin A: 491.83IU (9.84%), Vitamin B5: 0.79mg (7.92%), Vitamin B2: 0.13mg (7.9%), Calcium: 71.9mg (7.19%)