



WHATSheATE



Bucatini with Tomato Sauce and Fresh Basil

READY IN



25 min.

SERVINGS



6

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons torn basil leaves fresh whole for garnish
- ☐ 2 bay leaves dry
- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound bucatini pasta
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan grated
- ☐ 6 servings parmesan rind
- ☐ 6 servings salt

- ☐ 28 ounce tomato purée canned
- ☐ 3 tablespoons butter unsalted

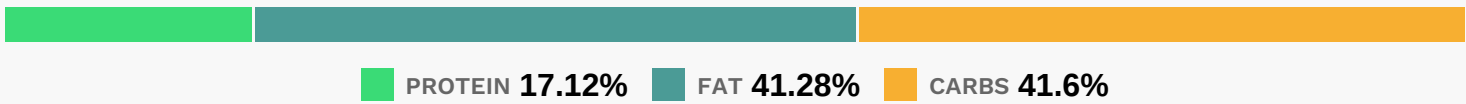
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the bucatini and cook to al dente according to package directions.
- ☐ Drain, reserving 1/2 cup pasta water.
- ☐ Heat a large skillet with deep sides over medium-high heat and add the butter and olive oil. When the butter is melted, add the garlic.
- ☐ Saute the garlic until golden, about 30 seconds, and then add the tomato puree, bay leaves and Parmesan rind. Simmer for 10 minutes.
- ☐ Add the basil and simmer for a few more minutes until the sauce is thickened. Stir in the reserved pasta water and cooked bucatini. Toss to coat the bucatini in the sauce. Season with salt and pepper. Divide the bucatini among 4 to 6 plates and garnish each with grated Parmesan and 1 basil leaf.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:25.48, Inflammation Score:-6, Nutrition Score:23.075652055118%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 637.94kcal (31.9%), Fat: 29.3g (45.08%), Saturated Fat: 11.3g (70.63%), Carbohydrates: 66.42g (22.14%), Net Carbohydrates: 61.44g (22.34%), Sugar: 7.86g (8.74%), Cholesterol: 76.53mg (25.51%), Sodium: 457.61mg (19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.69%), Selenium: 61.85µg (88.35%), Manganese: 0.98mg (48.82%), Zinc: 5.04mg (33.62%), Phosphorus: 334.1mg (33.41%), Vitamin B3: 6.51mg (32.57%), Vitamin B12: 1.85µg (30.85%), Vitamin B6: 0.59mg (29.51%), Copper: 0.52mg (25.99%), Iron: 4.45mg (24.71%), Potassium: 794.49mg (22.7%), Magnesium: 82.62mg (20.65%), Fiber: 4.99g (19.95%), Vitamin E: 2.93mg (19.53%), Vitamin C: 12.46mg (15.11%), Vitamin B2: 0.25mg (14.66%), Vitamin K: 14.88µg (14.18%), Vitamin B1: 0.21mg (13.74%), Vitamin B5: 1.14mg (11.41%), Vitamin A: 510.21IU (10.2%), Calcium: 100.54mg (10.05%), Folate: 37.63µg (9.41%), Vitamin D: 0.2µg (1.32%)