



## Classic Amatriciana bucatini

READY IN



40 min.

SERVINGS



5

CALORIES



814 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 kg cherry tomatoes roughly chopped
- ☐ 250 g bacon smoked cut into strips, or cubetti di pancetta
- ☐ 2 small pepper flakes red
- ☐ 500 g bucatini pasta
- ☐ 200 g pecorino cheese grated

## Equipment

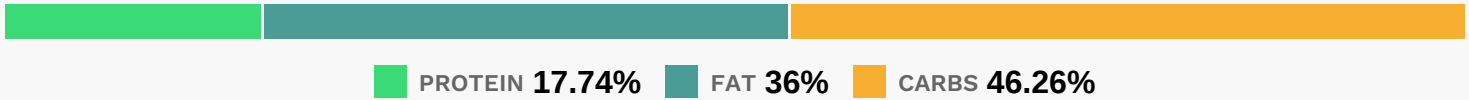
- ☐ food processor
- ☐ frying pan

- ☐ sieve
- ☐ wooden spoon

## Directions

- ☐ Put the tomatoes into a food processor in batches and whizz to a fine pulp. Sieve into a large pan, in batches again, pressing through as much tomato as you can with a wooden spoon. Simmer for 20–30 mins until the sauce has reduced by a third to about 700ml. This homemade passata can now be frozen.
- ☐ Put the bacon or pancetta into a cold, large, heavy-based frying pan.
- ☐ Place over a medium heat the fat will slowly melt and the bacon will cook.
- ☐ Add the whole chillies (dont worry, they come out at the end) and cook for 8–10 mins with the bacon until the bacon is sizzling and golden all over. Stir in the tomato sauce, bring to the boil and simmer for 4–5 mins.
- ☐ Meanwhile, cook the pasta, then drain well. While still hot, tip it into the sauce, sprinkle with most of the cheese and stir well.
- ☐ Remove the whole chillies, dish the pasta onto plates and sprinkle with the remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:22.8, Glycemic Load:31, Inflammation Score:-9, Nutrition Score:34.823043491529%

## Flavonoids

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 813.5kcal (40.67%), Fat: 32.65g (50.23%), Saturated Fat: 13.84g (86.49%), Carbohydrates: 94.39g (31.46%), Net Carbohydrates: 88.12g (32.04%), Sugar: 13.88g (15.42%), Cholesterol: 74.6mg (24.87%), Sodium: 862.62mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.41%), Vitamin C: 117.07mg (141.9%), Selenium: 81.14µg (115.91%), Manganese: 1.38mg (69.21%), Phosphorus: 684.74mg (68.47%), Calcium: 495.62mg (49.56%), Vitamin A: 2311.86IU (46.24%), Potassium: 1286.36mg (36.75%), Vitamin B6: 0.72mg (35.8%), Copper: 0.65mg (32.26%), Vitamin B3: 6.09mg (30.47%), Magnesium: 115.54mg (28.89%), Vitamin B1: 0.4mg

(26.65%), Iron: 4.72mg (26.21%), Fiber: 6.27g (25.08%), Zinc: 3.64mg (24.26%), Vitamin B2: 0.35mg (20.7%), Folate: 76.94µg (19.24%), Vitamin E: 2.78mg (18.54%), Vitamin B5: 1.43mg (14.3%), Vitamin K: 14.7µg (14%), Vitamin B12: 0.7µg (11.63%), Vitamin D: 0.4µg (2.67%)