



Conchiglie with Amatriciana Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 garlic cloves minced
- ☐ 1 medium onion sliced into 1/4-inch wedges cut in half crosswise and
- ☐ 0.3 cup pancetta diced
- ☐ 8 teaspoons parmigiano-reggiano cheese fresh grated
- ☐ 12 ounces conchiglie rigate uncooked (small seashell pasta)
- ☐ 0.3 teaspoon salt

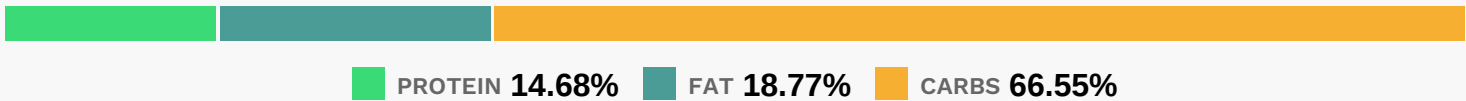
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add pancetta; saut 2 minutes or until browned.
- ☐ Add onion and garlic; reduce heat to medium, and cook 7 minutes or until onion is lightly browned.
- ☐ Add tomatoes, red pepper, and salt; simmer, uncovered, 30 minutes.
- ☐ While sauce simmers, cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta, and return to pan.
- ☐ Add sauce, and toss to coat. Spoon pasta into individual bowls, and sprinkle with cheese.
- ☐ Amatriciana (ah-mah-tree-CHAH-nah), a tomato-based sauce with pancetta, garlic, and crushed red pepper, is named for the small town of Amatrice. It's perfect served over conchiglie (con-KEE-lyay).

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:15.19, Inflammation Score:-5, Nutrition Score:10.869130582913%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 241.9kcal (12.09%), Fat: 5.12g (7.88%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 37.31g (13.57%), Sugar: 6.11g (6.79%), Cholesterol: 7.19mg (2.4%), Sodium: 289.24mg (12.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.01%), Selenium: 29.92µg (42.74%), Manganese: 0.61mg (30.53%), Copper: 0.32mg (15.92%), Fiber: 3.53g (14.1%), Phosphorus: 139.15mg (13.92%), Vitamin B6: 0.27mg (13.41%), Vitamin C: 10.5mg (12.72%), Potassium: 431.81mg (12.34%), Vitamin B3: 2.37mg (11.83%), Magnesium: 45.76mg (11.44%), Iron: 1.95mg (10.84%), Vitamin B1: 0.15mg (9.93%), Vitamin E: 1.36mg (9.06%), Zinc: 1.05mg (7%), Calcium: 60.45mg (6.04%), Folate: 23.29µg (5.82%), Vitamin B2: 0.09mg (5.53%), Vitamin B5: 0.54mg (5.43%), Vitamin K: 5.46µg (5.2%), Vitamin A: 243.7IU (4.87%), Vitamin B12: 0.06µg (1.02%)