



## Cook the Book: BLT Bucatini

READY IN



135 min.

SERVINGS



4

CALORIES



781 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 8 ounces arugula coarsely chopped
- ☐ 1 pound bucatini pasta dried
- ☐ 1.5 pounds cherry tomatoes with some of their juices coarsely chopped (see Note)
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 8 ounces pancetta sliced cut into 1/2-inch pieces
- ☐ 0.5 cup pecorino cheese shredded

## Equipment

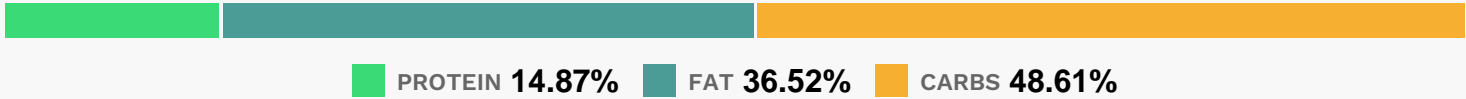
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ colander

## Directions

- ☐ Bring a large pot of water to a rolling boil and salt generously.
- ☐ While the water is heating, warm the olive oil in a large frying pan placed over medium heat.
- ☐ Add the pancetta and sauté, stirring frequently, for 8 to 10 minutes, or until the pancetta begins to render its fat and turn somewhat crispy. Stir in the cherry tomatoes and cook, stirring occasionally, for about 5 minutes, or until the tomatoes are heated through. Turn off the heat and cover the sauce to keep it warm.
- ☐ Add the pasta to the boiling water, stir to separate the noodles, and cook according to the manufacturer's instructions until al dente.
- ☐ Drain the cooked pasta in a colander set in the sink, reserving about 1 cup of the cooking water.
- ☐ Transfer the pasta to the frying pan and gently toss the pasta and sauce to combine thoroughly, adding a splash or two of the cooking water if necessary to loosen the sauce.
- ☐ Add the arugula by the handful and continue to toss for a minute or so, or until the arugula is just wilted.
- ☐ Transfer the dressed pasta to shallow individual bowls and sprinkle the cheese over the top.
- ☐ Serve immediately.
- ☐ Note: To make slow-roasted cherry tomatoes, heat the oven to 275°F.
- ☐ Cut the cherry tomatoes in half and arrange them in a single layer on a large rimmed baking sheet/tray.
- ☐ Drizzle 1/4 cup extra-virgin olive oil over the tomatoes, then scatter 2 cloves garlic, thinly sliced, over the tomatoes. Season with kosher or fine sea salt and freshly ground black pepper. Roast for 2 to 3 hours, or until the tomatoes have collapsed and shriveled a little but are still moist.
- ☐ Let cool and use immediately, or store in a tightly lidded container in the refrigerator for up to 1 week. Bring to room temperature before using.

# Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:34.53, Inflammation Score:-9, Nutrition Score:30.828260592792%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.8mg, Kaempferol: 19.8mg, Kaempferol: 19.8mg, Kaempferol: 19.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

## Nutrients (% of daily need)

Calories: 781.25kcal (39.06%), Fat: 31.65g (48.68%), Saturated Fat: 10.55g (65.93%), Carbohydrates: 94.74g (31.58%), Net Carbohydrates: 89.02g (32.37%), Sugar: 8.52g (9.46%), Cholesterol: 50.42mg (16.81%), Sodium: 566.24mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29g (57.99%), Selenium: 85.9µg (122.71%), Manganese: 1.41mg (70.46%), Vitamin K: 69.06µg (65.77%), Vitamin C: 47.29mg (57.32%), Phosphorus: 468.08mg (46.81%), Vitamin A: 2250.1IU (45%), Magnesium: 113.99mg (28.5%), Potassium: 955.96mg (27.31%), Calcium: 269.11mg (26.91%), Vitamin B3: 5.3mg (26.48%), Copper: 0.53mg (26.3%), Vitamin B6: 0.5mg (24.91%), Folate: 98.4µg (24.6%), Vitamin B1: 0.35mg (23.29%), Fiber: 5.73g (22.91%), Iron: 3.81mg (21.15%), Zinc: 3.1mg (20.63%), Vitamin B2: 0.25mg (14.49%), Vitamin E: 2.1mg (13.98%), Vitamin B5: 1.32mg (13.24%), Vitamin B12: 0.42µg (7.06%), Vitamin D: 0.29µg (1.93%)