



WHATSheATE



Pasta All'Amatriciana

READY IN



45 min.

SERVINGS



8

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 56 ounces canned tomatoes whole peeled canned
- ☐ 1 cup wine dry white
- ☐ 4 ounces guanciale finely chopped (salt-cured pork jowl)
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion finely chopped
- ☐ 4 ounces pancetta italian finely chopped (bacon)
- ☐ 8 servings pecorino cheese finely grated
- ☐ 1 pound penne pasta tube-shaped

- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup tomato paste

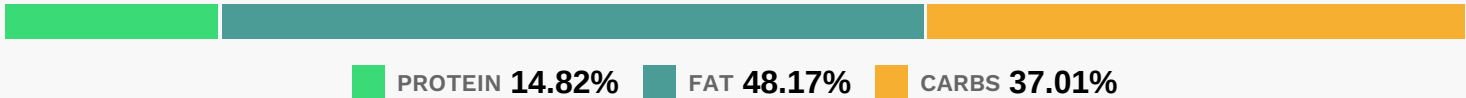
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Purée tomatoes with juices in a blender; set aside. Cook onion, guanciale, pancetta, oil, red pepper flakes, and 1/2 cup water in a large heavy pot over medium-high heat, stirring occasionally, until water is evaporated and fat begins to render, 8–10 minutes.
- ☐ Add tomato paste and cook, stirring often, until beginning to brown, about 2 minutes.
- ☐ Add wine and cook, stirring often, until reduced by half, 5–8 minutes.
- ☐ Add reserved tomato purée and bring to a boil. Cover pan partially with a lid, reduce heat, and simmer until meat is tender and flavors are melded, 40–45 minutes.
- ☐ Add sugar, if using; season with salt and pepper.
- ☐ When sauce is almost done, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain pasta.
- ☐ Add pasta to sauce and toss to coat.
- ☐ Serve topped with Pecorino.
- ☐ DO AHEAD: Sauce can be made 4 days ahead.
- ☐ Let cool, then chill until cold. Cover and keep chilled.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:18.62, Inflammation Score:-7, Nutrition Score:19.544347903003%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 619.91kcal (31%), Fat: 32.3g (49.69%), Saturated Fat: 12.21g (76.34%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 51.36g (18.68%), Sugar: 8.84g (9.82%), Cholesterol: 55.74mg (18.58%), Sodium: 933.51mg (40.59%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 22.36g (44.72%), Selenium: 43.82µg (62.6%), Phosphorus: 410.37mg (41.04%), Calcium: 403.48mg (40.35%), Manganese: 0.77mg (38.74%), Vitamin C: 21.27mg (25.78%), Vitamin B6: 0.42mg (20.94%), Vitamin E: 2.96mg (19.77%), Potassium: 684.06mg (19.54%), Iron: 3.4mg (18.87%), Magnesium: 74.24mg (18.56%), Fiber: 4.48g (17.92%), Copper: 0.36mg (17.8%), Vitamin B2: 0.29mg (17%), Vitamin B3: 3.3mg (16.5%), Zinc: 2.14mg (14.28%), Vitamin B1: 0.2mg (13.6%), Vitamin K: 12.07µg (11.5%), Vitamin A: 561.73IU (11.23%), Folate: 32.16µg (8.04%), Vitamin B5: 0.73mg (7.3%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.21µg (1.38%)