



Pasta all'Amatriciana with Guanciale

READY IN



20 min.

SERVINGS



4

CALORIES



915 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 clove garlic peeled halved lengthwise
- ☐ 0.5 pound guanciale
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 0.3 unknown onion finely chopped
- ☐ 2 tablespoon parmigiano-reggiano grated
- ☐ 2 tablespoon pecorino-romano grated plus more for garnish
- ☐ 2 tablespoon onion red minced
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 pound bombolotti pasta or

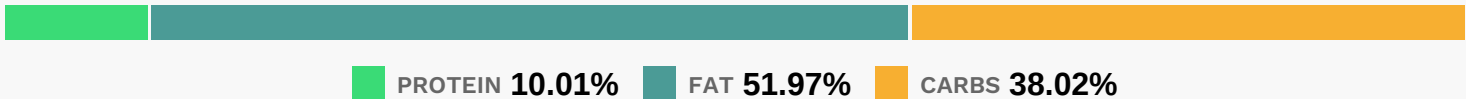
Equipment

☐ frying pan

Directions

- ☐ Boil water for pasta.
- ☐ Add salt to the water after it has heated to avoid salts leeching into your cookware.
- ☐ Add pasta to boiling water. Cook until al dente, approximately 10 mins, if you use bombolotti. Meanwhile cut the guanciale into strips about 1 inch long and ¼ inch thick.
- ☐ Heat large skillet over medium-high heat.
- ☐ Add one tablespoon oil.
- ☐ Add the garlic clove and cook until fragrant, 1 min.
- ☐ Add guanciale and cook lightly until browned (It will not cook up like bacon).
- ☐ Add the onion and cook another minute or so. You may need to spoon off some of the fat, but leave plenty enough so the sweet pork flavor infuses the sauce and makes it sweet and silky.
- ☐ Add the tomatoes and cook another 2 mins.
- ☐ Add salt to taste and the red pepper flakes. Discard the garlic.
- ☐ Drain the pasta and add it to the skillet.
- ☐ Add the Parmigiano-reggiano and the pecorino-Romano.
- ☐ Add the remaining tablespoon of oil and toss together.
- ☐ Serve hot, family style with more pecorino at the table.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:34.47, Inflammation Score:-4, Nutrition Score:14.289565223067%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg,

Isorhamnetin: 0.59mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.44mg, Quercetin:
2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 914.75kcal (45.74%), Fat: 52.61g (80.94%), Saturated Fat: 18.33g (114.56%), Carbohydrates: 86.58g
(28.86%), Net Carbohydrates: 82.63g (30.05%), Sugar: 3.6g (4%), Cholesterol: 65.05mg (21.68%), Sodium:
567.81mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.62%), Selenium: 72.92µg
(104.17%), Manganese: 1.09mg (54.28%), Phosphorus: 257.16mg (25.72%), Copper: 0.34mg (17.04%), Magnesium:
64.16mg (16.04%), Fiber: 3.95g (15.8%), Zinc: 1.78mg (11.87%), Vitamin B6: 0.2mg (10.18%), Vitamin B3: 1.99mg
(9.95%), Iron: 1.65mg (9.15%), Calcium: 86.35mg (8.64%), Vitamin E: 1.24mg (8.29%), Potassium: 285.63mg (8.16%),
Vitamin B1: 0.11mg (7.54%), Folate: 23.13µg (5.78%), Vitamin B2: 0.09mg (5.46%), Vitamin B5: 0.54mg (5.36%),
Vitamin K: 4.76µg (4.54%), Vitamin A: 104.4IU (2.09%), Vitamin C: 1.35mg (1.63%)