



Pick-a-Pepper Pasta (Bucatini with Hot and Sweet and Pickled Peppers Sauce)

READY IN



60 min.

SERVINGS



6

CALORIES



713 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces guanciale
- 3 leaves basil fresh
- 1 pound bucatini pasta (hollow spaghetti)
- 2 tablespoons butter
- 28 ounce canned tomatoes canned
- 3 tablespoons pickled cherry peppers italian hot chopped
- 2 tablespoons evoo
- 1 handful flat-leaf parsley leaves fresh chopped

- 1 fresno and jalapeno peppers seeded chopped
- 3 cloves garlic sliced chopped
- 6 servings pecorino cheese
- 2 cubanelle peppers seeded chopped
- 2 medium bell pepper red seeded chopped
- 1 onion red chopped
- 6 servings salt and pepper black freshly ground
- 2 cups tomato sauce

Equipment

- bowl
- frying pan
- ladle
- pot
- dutch oven

Directions

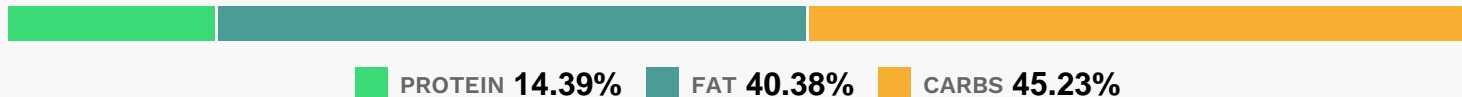
- Watch how to make this recipe.
- Heat a deep skillet or Dutch oven with the EVOO, 2 turns of the pan, over medium-high heat.
- Add the guanciale and brown until lightly crisp.
- Add the garlic, bell pepper, cubanelles, onions and fresno peppers, and cook until tender, 7 to 8 minutes.
- Add the pickled peppers and a big splash of their juice, about 2 tablespoons, and deglaze the pan - hold your head back or you'll really clean out your sinuses.
- Add the tomatoes and crush up a bit, then stir in the passata and basil. Simmer to thicken 30 minutes or so.
- Add the parsley, season with salt and pepper. Cool and store for a make-ahead meal. Reheat over medium flame.
- To serve: While the sauce heats, bring a large pot of water to a boil. Salt the water and cook the pasta to al dente. Reserve a ladle of the starchy cooking water and drain. Toss the pasta

with the butter and half the sauce.

Add a little starchy water if too thick.

Serve the pasta in shallow bowls, topped with the remaining sauce and pecorino cheese.

Nutrition Facts



Properties

Glycemic Index:70.33, Glycemic Load:26.88, Inflammation Score:-9, Nutrition Score:32.949564788653%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 713.49kcal (35.67%), Fat: 32.63g (50.21%), Saturated Fat: 13.92g (87.03%), Carbohydrates: 82.26g (27.42%), Net Carbohydrates: 73.44g (26.71%), Sugar: 15.79g (17.55%), Cholesterol: 61.48mg (20.49%), Sodium: 851.05mg (37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.16g (52.33%), Vitamin C: 109.62mg (132.87%), Selenium: 53.94µg (77.06%), Manganese: 1.25mg (62.47%), Vitamin A: 2455.24IU (49.1%), Phosphorus: 476.42mg (47.64%), Calcium: 412.7mg (41.27%), Copper: 0.77mg (38.46%), Fiber: 8.82g (35.29%), Vitamin B6: 0.7mg (34.87%), Vitamin E: 5.18mg (34.51%), Potassium: 1164.02mg (33.26%), Vitamin K: 31.4µg (29.9%), Magnesium: 110.96mg (27.74%), Iron: 4.95mg (27.5%), Vitamin B3: 4.86mg (24.3%), Vitamin B2: 0.35mg (20.63%), Zinc: 2.73mg (18.19%), Folate: 70.23µg (17.56%), Vitamin B1: 0.26mg (17.17%), Vitamin B5: 1.42mg (14.19%), Vitamin B12: 0.34µg (5.73%)