



Rigatoni With Spicy Salami And Tomato

READY IN



55 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper
- 4 servings olive oil extra virgin
- 4 servings pecorino cheese finely grated
- 4 servings rigatoni
- 4 servings soppressata
- 4 servings tomato sauce

Equipment

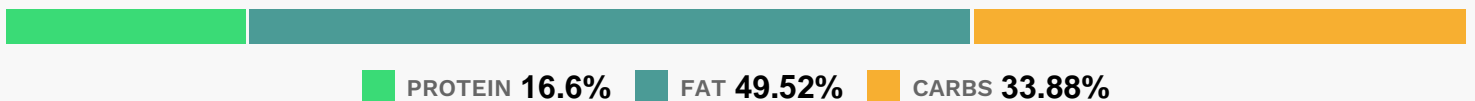
- bowl

- frying pan
- pot
- dutch oven

Directions

- Cut the sopressata into batons about 2 inches long and 1/4-inch thick. In a very large skillet (or a Dutch oven), warm the olive oil over medium-high heat.
- Add the sopressata and cook, stirring occasionally, until it has crisped and rendered some of its fat.
- Add the chili flakes and cook for 30 seconds, then add the tomato sauce and cook over high heat until most of the liquid has evaporated, about 8 minutes.
- Remove from the heat. In a large pot of well-salted boiling water, cook the pasta according to the package instructions until 2 minutes shy of al dente; drain. Toss the rigatoni into the skillet with the sopressata and tomato mixture and cook over medium heat, stirring occasionally, until the pasta is al dente and the sauce has reduced and clings to the pasta, 2 to 3 minutes.
- Add the Pecorino Romano, then add a few tablespoons of water if the sauce seems dry. Divide the pasta among four individual serving plates or bowls and finish each with a sprinkling of Pecorino and a drizzle of olive oil. More Italian pasta dishes on Food Republic: Raviolo Gigante With Fried Egg Recipe
- Orecchiette With Homemade Fennel Sausage And Swiss Chard Recipe
- Pasta Cacio E Pepe Recipe

Nutrition Facts



Properties

Glycemic Index: 35.5, Glycemic Load: 19.33, Inflammation Score: -8, Nutrition Score: 21.474347612132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 596.62kcal (29.83%), Fat: 33.02g (50.8%), Saturated Fat: 10.65g (66.56%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 46.53g (16.92%), Sugar: 6.22g (6.91%), Cholesterol: 53.32mg (17.77%), Sodium: 1609.89mg (70%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.81%), Selenium: 48µg (68.57%), Phosphorus: 437.04mg (43.7%), Calcium: 358.49mg (35.85%), Manganese: 0.7mg (35.21%), Vitamin E: 4.67mg (31.16%), Vitamin A: 1247.93IU (24.96%), Vitamin B1: 0.36mg (23.75%), Vitamin B6: 0.42mg (21.05%), Zinc: 3.1mg (20.63%), Vitamin B3: 3.99mg (19.95%), Vitamin B2: 0.34mg (19.73%), Potassium: 659.48mg (18.84%), Copper: 0.38mg (18.83%), Vitamin B12: 1.12µg (18.67%), Magnesium: 69.5mg (17.37%), Fiber: 4.33g (17.3%), Iron: 2.92mg (16.24%), Vitamin K: 14.69µg (13.99%), Vitamin B5: 1.06mg (10.62%), Vitamin C: 8.59mg (10.41%), Folate: 24.33µg (6.08%)