



Spaghetti al'Amatriciana

READY IN



50 min.

SERVINGS



4

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion thinly sliced
- ☐ 0.3 pound pancetta in 1 piece frozen
- ☐ 4 servings parmesan freshly grated recommended: Pecorino Romano
- ☐ 1 tablespoon parsley leaves fresh italian chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.8 pound pasta like spaghetti
- ☐ 0.8 cup tomato purée

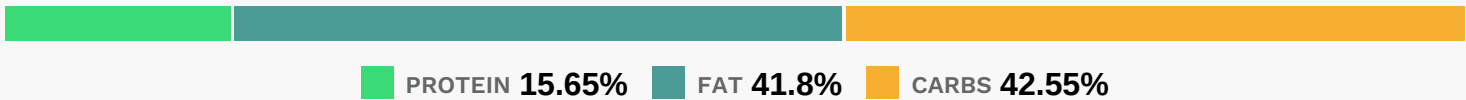
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Meanwhile, unroll the pancetta.
- ☐ Cut it into 1-inch long chunks, and then slice each chunk thinly across the grain.
- ☐ Heat the olive oil in a large skillet over moderately low heat.
- ☐ Add the pancetta and cook until it renders some of its fat, about 5 minutes. Do not allow it to crisp.
- ☐ Add the onion and cook until soft, about 10 minutes. While the onion is cooking, add the pasta to the boiling water.
- ☐ Add the red pepper flakes and parsley to the onion mixture and cook briefly to release their fragrance.
- ☐ Add the vinegar and simmer briefly until it evaporates, then add the tomato puree and 1/4 cup of the pasta water. Simmer briefly to blend.
- ☐ When the pasta is just shy of al dente, drain it and return it to the warm pot over moderate heat.
- ☐ Add the sauce and cook briefly so the pasta absorbs some of the sauce, then transfer the pasta to a warmed serving bowl and shower with the pecorino.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:26.4, Inflammation Score:-7, Nutrition Score:20.850000225979%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 682.58kcal (34.13%), Fat: 31.53g (48.5%), Saturated Fat: 11.39g (71.2%), Carbohydrates: 72.2g (24.07%), Net Carbohydrates: 68g (24.73%), Sugar: 6.05g (6.72%), Cholesterol: 56.15mg (18.72%), Sodium: 633.39mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.12%), Selenium: 66.21µg (94.58%), Phosphorus: 472.2mg (47.22%), Manganese: 0.91mg (45.74%), Calcium: 356.32mg (35.63%), Vitamin K: 23.27µg (22.16%), Copper: 0.43mg (21.28%), Magnesium: 76.87mg (19.22%), Vitamin B3: 3.77mg (18.84%), Zinc: 2.66mg (17.74%), Vitamin B6: 0.35mg (17.26%), Fiber: 4.2g (16.8%), Potassium: 556.35mg (15.9%), Vitamin E: 2.36mg (15.74%), Vitamin B1: 0.22mg (14.54%), Iron: 2.57mg (14.29%), Vitamin B2: 0.24mg (14.21%), Vitamin C: 8.6mg (10.43%), Vitamin A: 510.88IU (10.22%), Vitamin B5: 0.96mg (9.59%), Vitamin B12: 0.52µg (8.75%), Folate: 29.59µg (7.4%), Vitamin D: 0.3µg (2.01%)