

food
network



HEALTH SCORE

81%

Spaghetтини alla Chitarra with Bottarga



Dairy Free



Very Healthy

READY IN

**40 min.**

SERVINGS

**4**

CALORIES

**747 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bread crumbs toasted
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots finely grated
- ☐ 1 pinch chili flakes
- ☐ 0.3 cup flat-leaf parsley leaves whole
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 4 garlic cloves peeled thinly sliced

- ☐ 0.5 to 1 habanero chile seeded thinly sliced use rubber gloves to seed and slice
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin for drizzling
- ☐ 1 onion spanish
- ☐ 4 servings salt
- ☐ 1 pound spaghettini reserve 1 cup cooking liquid
- ☐ 0.3 cup sun-dried tomatoes cut in 1/2-inch pieces
- ☐ 4 servings bottarga for grating

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

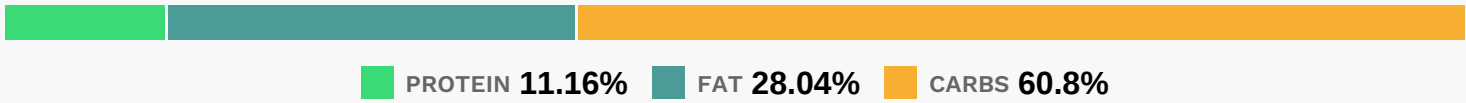
Directions

- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons of salt.
- ☐ In a cold 12 to 14-inch saute pan, combine the olive oil, chile, and garlic and slowly sweat over medium heat until the garlic is soft, about 3 minutes.
- ☐ Add the sun-dried tomato, parsley, tomato sauce and 1 cup pasta cooking liquid and bring to a simmer.
- ☐ Cook the pasta according to the package directions, until tender yet al dente, about 5 minutes.
- ☐ Drain the pasta and add it to the tomato mixture. Toss over high heat for 1 minute. Divide the pasta evenly among 4 heated bowls. Grate bottarga over each bowl like a dusting of cheese, sprinkle with bread crumbs, and serve immediately with a sprinkling of chili flakes and a drizzle of olive oil.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.

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Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:81.96, Glycemic Load:36.56, Inflammation Score:-10, Nutrition Score:37.275652164998%

Flavonoids

Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 747.12kcal (37.36%), Fat: 23.77g (36.57%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 115.94g (38.65%), Net Carbohydrates: 105.51g (38.37%), Sugar: 17.16g (19.06%), Cholesterol: 4.4mg (1.47%), Sodium: 1053.47mg (45.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.58%), Selenium: 75.05µg (107.21%), Manganese: 1.77mg (88.43%), Vitamin K: 90.27µg (85.97%), Vitamin C: 58.92mg (71.42%), Vitamin A: 2383.95IU (47.68%), Iron: 7.73mg (42.94%), Fiber: 10.42g (41.7%), Potassium: 1391.23mg (39.75%), Vitamin E: 5.89mg (39.25%), Copper: 0.78mg (39.16%), Vitamin B6: 0.77mg (38.48%), Phosphorus: 352.37mg (35.24%), Magnesium: 135.59mg (33.9%), Vitamin B3: 6.13mg (30.65%), Vitamin B1: 0.42mg (27.81%), Vitamin B2: 0.39mg (23.21%), Calcium: 212.25mg (21.22%), Folate: 79.25µg (19.81%), Zinc: 2.66mg (17.7%), Vitamin B5: 1.26mg (12.63%)