

# Parsnip Spaghetti All'Amatriciana

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/parsnip-italian-recipe>

## Ingredients:

- 1/2 tablespoon extra-virgin olive oil
- 4 ounces guanciale
- 1/4 pancetta
- 1 onion diced
- 1/2 teaspoon red pepper flakes
- 28 ounces Tuttorosso® diced tomatoes pureed with juices
- salt to taste
- 4 parsnips at least 1.5" in diameter
- Pecorino Romano cheese finely grated

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 25 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 630 milligrams
9. Sugar: 7 grams

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