



WHATSheATE



Baked Ricotta and Spinach Rigatoni



Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 8 ounces mozzarella cheese smoked fresh grated
- ☐ 20 ounce pkt spinach frozen thawed chopped
- ☐ 2 cloves garlic pressed
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 2 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 2 cups ricotta cheese
- ☐ 1 pound rigatoni
- ☐ 1 large shallots minced
- ☐ 0.5 cup white wine

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

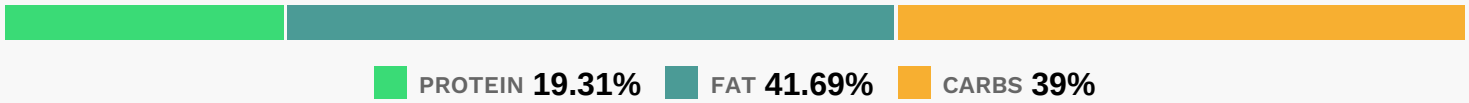
Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Cook rigatoni for 5 minutes in a pot of boiling, salted water.
- ☐ Drain and toss with 1 tablespoon olive oil. Set aside.
- ☐ Melt the butter in a large saucepan over medium heat and add the shallots and garlic. Sweat the shallots and garlic for a few minutes until softened and but not colored.
- ☐ Add the flour and stir until a smooth paste forms. Gradually whisk in the wine and then the milk. Bring the mixture to a simmer, whisking constantly and cook until thickened, about 5 minutes. Season with nutmeg, salt, and pepper, to taste.
- ☐ Let cool slightly.
- ☐ Transfer cooled bechamel to a large mixing bowl and add the spinach, ricotta, and eggs.
- ☐ Mix in rigatoni and transfer to a greased 9 by13-inch baking dish. Top with grated mozzarella. Cover loosely with aluminum foil and bake for 40 minutes.

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Remove foil and bake an additional 20 minutes, or until cheese is lightly browned on top, the center is no longer runny, and the sides are bubbly.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:21.21, Inflammation Score:-10, Nutrition Score:30.98173925151%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 572.13kcal (28.61%), Fat: 26.13g (40.2%), Saturated Fat: 14.39g (89.95%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 50.86g (18.49%), Sugar: 5.83g (6.48%), Cholesterol: 117.31mg (39.1%), Sodium: 370.88mg (16.13%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 27.23g (54.46%), Vitamin K: 267.07µg (254.36%), Vitamin A: 9112.13IU (182.24%), Selenium: 59.99µg (85.7%), Manganese: 1.12mg (55.81%), Calcium: 462.68mg (46.27%), Phosphorus: 435.44mg (43.54%), Folate: 136.2µg (34.05%), Vitamin B2: 0.55mg (32.58%), Magnesium: 107.91mg (26.98%), Vitamin B12: 1.3µg (21.61%), Zinc: 3.21mg (21.4%), Vitamin E: 2.81mg (18.7%), Potassium: 596.4mg (17.04%), Fiber: 4.12g (16.49%), Vitamin B6: 0.33mg (16.27%), Iron: 2.92mg (16.24%), Copper: 0.3mg (15.17%), Vitamin B1: 0.21mg (13.88%), Vitamin B5: 0.93mg (9.26%), Vitamin B3: 1.75mg (8.76%), Vitamin D: 1.13µg (7.52%), Vitamin C: 4.38mg (5.31%)