



 **79%**
HEALTH SCORE

Baked Rigatoni

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounces broccoli frozen
- 1 teaspoon basil dried
- 0.3 teaspoon fennel seeds
- 26 ounces pasta sauce
- 1 pound rigatoni
- 6 ounces mozzarella cheese shredded
- 14.5 ounces tomatoes diced canned drained
- 6 ounces vegetable burger crumbles frozen

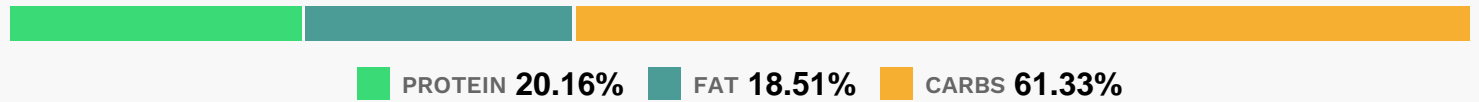
Equipment

- oven
- baking pan

Directions

- Preheat oven to 400 degrees. Cook pasta according to package directions, drain.
- Combine pasta, pasta sauce, tomatoes, broccoli, burger crumbles, basil, fennel seeds and 4 oz. of the mozzarella in a 9x13 baking dish. Top with remaining 2 oz. mozzarella.
- Bake until heated through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:27.37, Inflammation Score:-9, Nutrition Score:34.449565217391%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Taste

Sweetness: 100%, Saltiness: 70.82%, Sourness: 97.57%, Bitterness: 76.22%, Savoriness: 87.83%, Fattiness: 51.49%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 480.68kcal (24.03%), Fat: 10.03g (15.44%), Saturated Fat: 4.5g (28.09%), Carbohydrates: 74.83g (24.94%), Net Carbohydrates: 66.54g (24.2%), Sugar: 9.92g (11.02%), Cholesterol: 23.81mg (7.94%), Sodium: 951.35mg (41.36%), Protein: 24.59g (49.18%), Vitamin C: 78.28mg (94.89%), Selenium: 61.4µg (87.72%), Vitamin K: 81.1µg (77.24%), Manganese: 1.34mg (67.08%), Vitamin B1: 0.93mg (62.01%), Phosphorus: 395.77mg (39.58%), Vitamin A: 1712.27IU (34.25%), Fiber: 8.29g (33.16%), Potassium: 1026.59mg (29.33%), Folate: 114.27µg (28.57%), Calcium: 257.47mg (25.75%), Magnesium: 102.97mg (25.74%), Vitamin B6: 0.5mg (24.87%), Copper: 0.5mg (24.84%), Vitamin B3: 4.44mg (22.19%), Vitamin B2: 0.37mg (21.61%), Iron: 3.8mg (21.13%), Vitamin B12: 1.22µg (20.27%), Zinc: 2.92mg (19.49%), Vitamin E: 2.88mg (19.17%), Vitamin B5: 1.27mg (12.69%)