



Baked Rigatoni

READY IN



15 min.

SERVINGS



4

CALORIES



811 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes diced whole undrained canned
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 3 ounces parmesan grated
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 16 ounces rigatoni

☐

1 teaspoon sugar

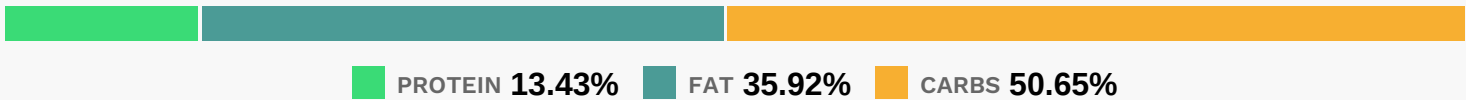
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Heat oven to 400 F.
- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the garlic and cook until golden but not browned, about 1 minute.
- ☐ Add the tomatoes and their juices, red pepper, oregano, salt, and sugar. Bring to a boil. Reduce heat to medium-low and simmer (crushing the tomatoes with the back of a wooden spoon if using whole tomatoes) until the sauce thickens slightly, about 20 minutes. Stir in the cream and 1/2 cup of the Parmesan. Meanwhile, cook the rigatoni according to the package directions.
- ☐ Add the drained rigatoni to the sauce and toss to coat.
- ☐ Transfer to a 2-quart casserole and top with the remaining grated Parmesan.
- ☐ Bake for 20 minutes.
- ☐ Let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:39.28, Inflammation Score:-9, Nutrition Score:28.600869448289%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 811.46kcal (40.57%), Fat: 32.81g (50.47%), Saturated Fat: 18.07g (112.92%), Carbohydrates: 104.08g (34.69%), Net Carbohydrates: 96.26g (35%), Sugar: 14.73g (16.37%), Cholesterol: 81.69mg (27.23%), Sodium: 1209.64mg (52.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Selenium: 79.92µg (114.17%), Manganese: 1.5mg (74.96%), Phosphorus: 465.97mg (46.6%), Calcium: 400.52mg (40.05%), Copper: 0.72mg (35.99%), Fiber: 7.82g (31.3%), Vitamin A: 1517.46IU (30.35%), Magnesium: 116.29mg (29.07%), Vitamin B6: 0.55mg (27.33%), Potassium: 934.51mg (26.7%), Vitamin E: 3.89mg (25.94%), Iron: 4.66mg (25.9%), Vitamin C: 19.57mg (23.72%), Vitamin B3: 4.52mg (22.59%), Vitamin B2: 0.36mg (21.31%), Zinc: 2.92mg (19.49%), Vitamin K: 19.85µg (18.9%), Vitamin B1: 0.28mg (18.58%), Vitamin B5: 1.31mg (13.14%), Folate: 51.98µg (13%), Vitamin D: 1.06µg (7.06%), Vitamin B12: 0.35µg (5.84%)