



Baked Rigatoni with Ricotta and Collard Greens

READY IN



45 min.

SERVINGS



10

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 1 pound collard greens washed drained chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 1.5 cups milk
- ☐ 1 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated

- ☐ 16 ounce penne pasta
- ☐ 1 teaspoon pepper red
- ☐ 1 cup ricotta cheese
- ☐ 2 teaspoons salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 teaspoons sugar

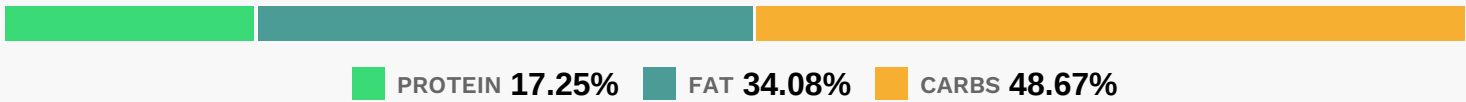
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Prepare pasta according to directions.
- ☐ Drain and set aside. Preheat oven to 350
- ☐ Lightly grease a 13- x 9-inch baking dish.
- ☐ Heat butter in a Dutch oven over medium-high heat; saut onion 5 minutes or until just brown.
- ☐ Add garlic, and cook about 1 minute. Reduce heat to medium-low, and add greens; cover and cook 15 to 20 minutes or until greens are tender, stirring occasionally.
- ☐ Sprinkle greens with flour. Cook uncovered, stirring constantly, 1 minute. Gradually add milk, stirring well. Cook 5 minutes, stirring often, until thickened and smooth.
- ☐ Remove from heat; stir in cooked pasta, mozzarella, and next 5 ingredients.
- ☐ Place into prepared dish, and sprinkle evenly with Parmesan.
- ☐ Bake at 350 for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:21.062608760336%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 366.26kcal (18.31%), Fat: 13.94g (21.45%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 41.06g (14.93%), Sugar: 4.88g (5.42%), Cholesterol: 42.44mg (14.15%), Sodium: 708.65mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Vitamin K: 199.85µg (190.33%), Vitamin A: 2767.26IU (55.35%), Selenium: 38.58µg (55.11%), Manganese: 0.8mg (39.97%), Calcium: 320.41mg (32.04%), Phosphorus: 256.08mg (25.61%), Vitamin C: 17.48mg (21.19%), Folate: 79.77µg (19.94%), Vitamin B2: 0.26mg (15.23%), Fiber: 3.74g (14.94%), Magnesium: 50.5mg (12.63%), Zinc: 1.79mg (11.95%), Vitamin B6: 0.22mg (10.84%), Vitamin B12: 0.61µg (10.24%), Potassium: 333.43mg (9.53%), Vitamin E: 1.38mg (9.21%), Copper: 0.18mg (8.9%), Vitamin B1: 0.13mg (8.56%), Vitamin B3: 1.42mg (7.12%), Iron: 1.21mg (6.74%), Vitamin B5: 0.59mg (5.86%), Vitamin D: 0.52µg (3.48%)