



Baked Rigatoni with Sausage and Mixed Peppers

READY IN



45 min.

SERVINGS



10

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups milk fat-free
- 0.5 cup flour all-purpose
- 6 garlic cloves minced
- 1 medium bell pepper green seeded cut into strips
- 8 ounces turkey sausage italian hot
- 26 ounce tomatoes with burgundy wine (such as bertolli)
- 1.8 cups onion chopped (1 large)
- 0.5 cup parmigiano-reggiano cheese fresh divided grated

- 1 medium bell pepper red seeded cut into strips
- 16 ounces rigatoni pasta) (tube-shaped uncooked
- 0.5 teaspoon salt
- 1 medium bell pepper yellow seeded cut into strips

Equipment

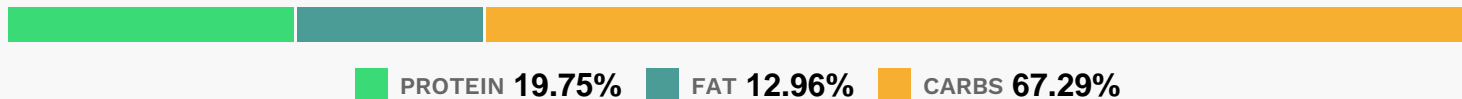
- frying pan
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 42
- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, remove casings from sausage.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add sausage and onion; cook until sausage is browned, stirring to crumble.
- Add bell peppers and garlic; cook 3 minutes, stirring frequently. Stir in marinara sauce; cover, reduce heat, and simmer 10 minutes or until peppers are tender.
- Drain pasta, and return to pan.
- Add pepper mixture; toss gently to coat. Divide pasta mixture evenly between 2 (11 x 7-inch) baking dishes coated with cooking spray.
- Place flour and salt in a medium saucepan. Gradually add milk, stirring with a whisk until well blended. Bring to a boil over medium heat, and cook 3 minutes or until thick, stirring constantly with a whisk.
- Remove from heat; stir in 1/2 cup cheese.
- Pour 1 cup white sauce over each casserole; sprinkle each with 1 tablespoon cheese.
- Bake at 425 for 20 minutes or until lightly browned and bubbly.
- Freezer Friendly: This recipe makes two casseroles--enough for a crowd. Or serve one for a family meal and freeze the other for later. When you're ready, simply bake the frozen

casserole, covered, at 425 for 30 minutes; uncover and bake an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:20.1, Inflammation Score:-8, Nutrition Score:18.561304258264%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 303.39kcal (15.17%), Fat: 4.4g (6.77%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 47.39g (17.23%), Sugar: 9.08g (10.09%), Cholesterol: 16.89mg (5.63%), Sodium: 781.65mg (33.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.18%), Vitamin C: 61.32mg (74.33%), Selenium: 38.81µg (55.44%), Manganese: 0.66mg (33.16%), Phosphorus: 260.67mg (26.07%), Iron: 4.04mg (22.46%), Vitamin B6: 0.4mg (19.8%), Vitamin A: 931.97IU (18.64%), Potassium: 577.15mg (16.49%), Calcium: 162.53mg (16.25%), Fiber: 4g (16.01%), Vitamin B3: 3.1mg (15.5%), Vitamin B2: 0.25mg (14.82%), Copper: 0.29mg (14.58%), Magnesium: 57.52mg (14.38%), Vitamin B1: 0.19mg (12.41%), Zinc: 1.82mg (12.14%), Folate: 44.51µg (11.13%), Vitamin B5: 0.94mg (9.44%), Vitamin E: 1.37mg (9.1%), Vitamin B12: 0.44µg (7.36%), Vitamin D: 0.56µg (3.76%), Vitamin K: 3.82µg (3.64%)