



Creamy Pesto Rigatoni with Chunky Tomato Vinaigrette

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 6 cups rigatoni hot cooked uncooked ()
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.8 cup basil fresh
- ☐ 3 garlic clove minced
- ☐ 1 tablespoon olive oil

- ☐ 1 ounce parmesan fresh divided grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 cups tomatoes diced seeded (4 large tomatoes)

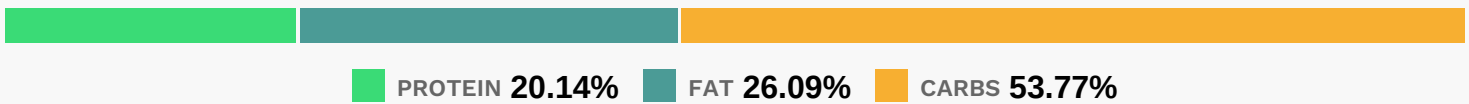
Equipment

- ☐ bowl
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients in a bowl, and set aside.
- ☐ Combine broth, basil, 2 tablespoons Parmesan, salt, pepper, garlic, and cream cheese in a blender; process until smooth.
- ☐ Combine basil mixture and rigatoni in a Dutch oven, and cook over low heat until thoroughly heated. Spoon pasta onto each of 6 plates. Top with tomato vinaigrette, 2 tablespoons Parmesan, and pine nuts.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:16.28, Inflammation Score:-7, Nutrition Score:16.073913041664%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 309.59kcal (15.48%), Fat: 9.02g (13.87%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 38.27g (13.92%), Sugar: 7.33g (8.14%), Cholesterol: 7.75mg (2.58%), Sodium: 698.46mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.31%), Manganese: 1.04mg (52.01%), Selenium: 30.48µg (43.54%), Phosphorus: 358.32mg (35.83%), Vitamin K: 25.1µg (23.91%), Calcium: 221.73mg (22.17%), Vitamin A: 1045.12IU (20.9%), Vitamin C: 15.65mg (18.97%), Magnesium: 58.55mg (14.64%), Fiber: 3.53g (14.11%), Copper: 0.28mg (13.99%), Potassium: 478.24mg (13.66%), Iron: 2.25mg (12.51%), Zinc: 1.82mg (12.12%), Vitamin B2: 0.18mg (10.77%), Folate: 42.38µg (10.6%), Vitamin B6: 0.2mg (10.09%), Vitamin E: 1.5mg (10.03%), Vitamin B12: 0.49µg (8.19%), Vitamin B3: 1.6mg (8.01%), Vitamin B1: 0.11mg (7.14%), Vitamin B5: 0.64mg (6.35%)