



Baked Rigatoni With Sausage

READY IN



45 min.

SERVINGS



6

CALORIES



844 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 Leaves basil
- 1 Leaves basil
- 6 servings pepper black freshly ground
- 28 ounces canned tomatoes whole peeled canned
- 1 pound mozzarella fresh
- 3 garlic clove chopped
- 0.8 pound ground sausage italian
- 6 servings kosher salt
- 1 tablespoon olive oil extra virgin extra-virgin

- 1 large onion chopped
- 1 cup parmesan freshly grated
- 1 pound rigatoni

Equipment

- bowl
- frying pan
- ladle
- oven
- pot
- baking pan

Directions

- Bring a large pot of salted water to a boil over high heat for the pasta. Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add the sausage and saute for 3 to 4 minutes until brown, but not fully cooked.
- Drain sausage and place in a 9x13 baking dish.
- Add the remaining 1 tablespoon olive oil to the skillet, then add the onion and garlic, and cook until translucent (3 to 4 minutes).
- Add the tomatoes and their juices into a bowl and crush with your hands to break them up; pour tomatoes into the skillet with the basil and cook it down until slightly thickened (about 15 minutes).
- Add the rigatoni to the boiling water, give it a stir, and cook for 6 to 7 minutes, it should be slightly firm as it will cook further in the oven. Ladle out 1/2 cup of the pasta cooking water and reserve; then drain the rigatoni. Preheat the oven to 450 degrees F.
- Add the tomato sauce, rigatoni, and the reserved pasta water to the baking dish. Break up half the mozzarella over the mixture, season with salt and pepper, and gently mix with a spoon. Dust with the Parmigiano and drizzle with more olive oil.
- Bake for 15 minutes.
- Spread the remaining mozzarella in an even layer over the top and continue to bake for another 10 minutes or until golden brown and bubbly.

Nutrition Facts

PROTEIN 20.46% FAT 45.65% CARBS 33.89%

Properties

Glycemic Index:65.17, Glycemic Load:26.77, Inflammation Score:-8, Nutrition Score:29.83652173913%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Taste

Sweetness: 54.56%, Saltiness: 100%, Sourness: 58.21%, Bitterness: 27.81%, Savoriness: 65.97%, Fattiness: 73.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 844.27kcal (42.21%), Fat: 42.85g (65.92%), Saturated Fat: 19.67g (122.91%), Carbohydrates: 71.55g (23.85%), Net Carbohydrates: 66.14g (24.05%), Sugar: 9.83g (10.92%), Cholesterol: 114.15mg (38.05%), Sodium: 1529.76mg (66.51%), Protein: 43.21g (86.42%), Selenium: 79.58µg (113.68%), Calcium: 659.52mg (65.95%), Phosphorus: 658.81mg (65.88%), Manganese: 1.07mg (53.34%), Vitamin B12: 2.44µg (40.66%), Vitamin B1: 0.53mg (35.54%), Zinc: 5.17mg (34.45%), Vitamin B2: 0.49mg (28.67%), Vitamin B6: 0.57mg (28.41%), Copper: 0.54mg (26.8%), Magnesium: 100.08mg (25.02%), Vitamin B3: 4.91mg (24.55%), Potassium: 816.85mg (23.34%), Iron: 3.95mg (21.94%), Fiber: 5.42g (21.67%), Vitamin C: 15.65mg (18.97%), Vitamin A: 935.63IU (18.71%), Vitamin E: 2.26mg (15.08%), Vitamin B5: 1.21mg (12.06%), Folate: 46.73µg (11.68%), Vitamin K: 11.5µg (10.95%), Vitamin D: 0.39µg (2.57%)