



Frankie pasta bake

READY IN



40 min.

SERVINGS



2

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 garlic clove crushed
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 pinch sugar
- ☐ 3 dashes worcestershire sauce
- ☐ 100 g rigatoni tube-shaped
- ☐ 50 g gruyere cheese grated
- ☐ 2 servings crusty baguette grated sliced

☐ 2 hot dogs sliced

Equipment

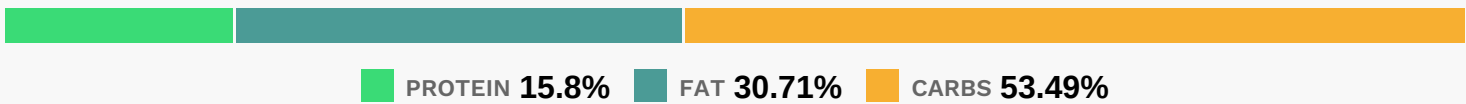
☐ frying pan

☐ grill

Directions

- ☐ Heat the oil in a medium pan and fry the onion for 5 mins until softened and lightly golden. Stir in the garlic and cook for a further min.
- ☐ Mix in the tomatoes and sugar, bring to the boil and simmer for 20 mins.
- ☐ Add a few dashes of Worcestershire sauce and season to taste. This basic sauce can now be chilled or frozen, see recipe intro.
- ☐ Meanwhile, cook the pasta according to pack instructions.
- ☐ Heat the grill to high.
- ☐ Mix together the cheese and breadcrumbs.
- ☐ Drain the pasta and stir into the sauce. Tip in the frankfurters and spoon into a heatproof dish. Scatter over the cheesy crumbs and grill for 3–5 mins or until bubbling hot and golden.
- ☐ Serve with a simple salad.

Nutrition Facts



Properties

Glycemic Index:153.42, Glycemic Load:44.17, Inflammation Score:-8, Nutrition Score:30.801304236702%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 718.85kcal (35.94%), Fat: 24.88g (38.28%), Saturated Fat: 8.63g (53.92%), Carbohydrates: 97.49g (32.5%), Net Carbohydrates: 89.78g (32.65%), Sugar: 16.22g (18.03%), Cholesterol: 47.75mg (15.92%), Sodium: 1170.92mg (50.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.59%), Selenium: 59.86µg (85.51%), Manganese: 1.26mg (63.18%), Vitamin B1: 0.72mg (47.99%), Phosphorus: 434.24mg (43.42%), Calcium: 426.05mg (42.6%), Vitamin B3: 7.98mg (39.92%), Iron: 6.82mg (37.9%), Folate: 138.65µg (34.66%), Copper: 0.66mg (33%), Vitamin B2: 0.55mg (32.57%), Fiber: 7.71g (30.84%), Vitamin B6: 0.56mg (28.25%), Vitamin C: 23.18mg (28.09%), Potassium: 961.21mg (27.46%), Magnesium: 104.06mg (26.01%), Vitamin E: 3.83mg (25.55%), Zinc: 3.75mg (24.99%), Vitamin K: 17.72µg (16.88%), Vitamin B5: 1.46mg (14.65%), Vitamin A: 669.42IU (13.39%), Vitamin B12: 0.63µg (10.57%)