



Garlicky Rigatoni with Gorgonzola

READY IN



45 min.

SERVINGS



10

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 1.5 cups half-and-half fat-free
- ☐ 2 cups milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 10 garlic cloves finely chopped
- ☐ 4 ounces crumbed gorgonzola cheese divided
- ☐ 12 ounces rigatoni pasta) tube-shaped uncooked
- ☐ 0.3 cup romano cheese grated

☐ 0.5 teaspoon salt

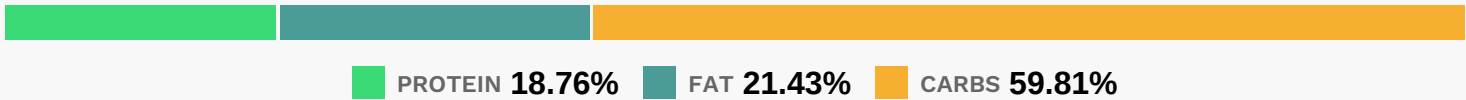
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, place flour in a medium bowl. Gradually add milk and half-and-half, stirring with a whisk until well blended. Melt butter in a large saucepan over medium heat.
- ☐ Add garlic; saut 1 minute or until golden brown.
- ☐ Add milk mixture, and bring to a boil, stirring frequently with whisk. Stir in 1/2 cup Gorgonzola cheese, salt, and pepper. Reduce heat, and simmer, uncovered, 2 minutes or until cheese melts.
- ☐ Drain pasta, and return to pan.
- ☐ Add Gorgonzola sauce and Romano cheese; toss gently to coat. Spoon pasta mixture into an 11 x 7-inch baking dish coated with cooking spray; sprinkle with remaining 1/2 cup Gorgonzola cheese.
- ☐ Bake, uncovered, at 425 for 27 minutes or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:13.7, Inflammation Score:-4, Nutrition Score:9.4591303675071%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 240.03kcal (12%), Fat: 5.66g (8.71%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 34.3g (12.47%), Sugar: 5.28g (5.86%), Cholesterol: 16.29mg (5.43%), Sodium: 348.03mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.31%), Selenium: 27.48µg (39.26%), Phosphorus: 248.69mg (24.87%), Calcium: 207.62mg (20.76%), Manganese: 0.4mg (20.05%), Vitamin B2: 0.25mg (14.61%), Vitamin B12: 0.64µg (10.75%), Zinc: 1.44mg (9.6%), Magnesium: 35.31mg (8.83%), Vitamin B1: 0.12mg (8.08%), Potassium: 279.81mg (7.99%), Vitamin B6: 0.16mg (7.98%), Vitamin B5: 0.73mg (7.32%), Copper: 0.13mg (6.31%), Vitamin B3: 1.07mg (5.33%), Folate: 20.57µg (5.14%), Fiber: 1.28g (5.11%), Vitamin A: 228.58IU (4.57%), Iron: 0.75mg (4.19%), Vitamin D: 0.61µg (4.08%), Vitamin C: 1.18mg (1.43%)