



Gorgonzola Rigatoni with Vegetables

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 1 tablespoon cornstarch
- ☐ 12 ounces evaporated milk fat-free canned
- ☐ 2 ounces gorgonzola crumbled
- ☐ 6 ounces mushrooms drained sliced
- ☐ 10 olives pitted ripe cut in half
- ☐ 1 sprigs oregano
- ☐ 0.3 teaspoon pepper

- ☐ 9 ounces rigatoni uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes chopped

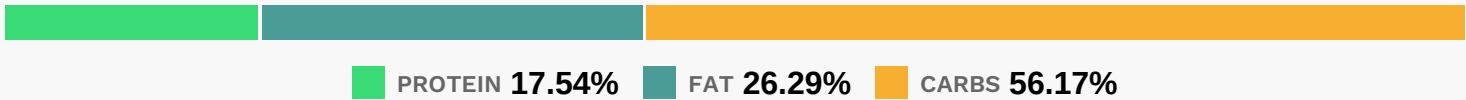
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in saucepan or skillet, place steamer basket in 1/2 inch water (water should not touch bottom of basket).
- ☐ Place broccoli in basket. Cover tightly and heat to boiling; reduce heat to medium-low. Steam about 3 minutes or until crisp-tender.
- ☐ In 3-quart saucepan, mix cornstarch and milk using wire whisk.
- ☐ Heat to boiling over medium heat, stirring constantly; reduce heat to low. Stir in cheese; continue stirring 2 to 3 minutes or until cheese is melted.
- ☐ Stir broccoli, tomato, mushrooms, olives, salt and pepper into cheese sauce; heat through.
- ☐ Serve over pasta.
- ☐ Garnish with oregano.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:20.34, Inflammation Score:-8, Nutrition Score:23.54739101555%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 453.44kcal (22.67%), Fat: 13.37g (20.57%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 64.27g (21.42%), Net Carbohydrates: 59.8g (21.75%), Sugar: 12.49g (13.88%), Cholesterol: 35.3mg (11.77%), Sodium: 722.08mg (31.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Selenium: 49.59µg (70.85%), Vitamin C: 45.66mg (55.34%), Vitamin K: 52.25µg (49.76%), Phosphorus: 420.73mg (42.07%), Manganese: 0.77mg (38.54%), Calcium: 348.7mg (34.87%), Vitamin B2: 0.59mg (34.85%), Potassium: 771.66mg (22.05%), Vitamin B5: 1.99mg (19.85%), Copper: 0.39mg (19.51%), Magnesium: 75.64mg (18.91%), Fiber: 4.47g (17.86%), Vitamin B3: 3.38mg (16.89%), Vitamin A: 798.52IU (15.97%), Zinc: 2.39mg (15.94%), Folate: 63.58µg (15.9%), Vitamin B6: 0.3mg (15.2%), Vitamin B1: 0.18mg (11.88%), Iron: 1.89mg (10.48%), Vitamin E: 1.17mg (7.83%), Vitamin B12: 0.33µg (5.43%), Vitamin D: 0.24µg (1.61%)