

health-score55%

HEALTH SCORE

Mostaccioli with Sun-Dried Tomato Cream Sauce

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

1174 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 3 cloves garlic chopped
- ☐ 0.5 pound ground beef
- ☐ 0.3 cup heavy cream
- ☐ 0.5 pound sausage italian
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil divided
- ☐ 1 small onion diced spanish

- ☐ 1 small onion spanish thinly sliced
- ☐ 1 small bell pepper red seeded thinly sliced
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 pound rigatoni pasta dried
- ☐ 2 cups sun-dried tomatoes diced
- ☐ 1 tomatoes roughly chopped
- ☐ 1 cup sacramento tomato juice
- ☐ 1 small bell pepper yellow seeded thinly sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Boil the pasta in salted water until al dente, about 6 to 8 minutes.
- ☐ Drain and put into a large bowl.
- ☐ Meanwhile, while the pasta is cooking, in a large saute pan over medium-high heat, heat 2 tablespoons olive oil and cook the ground beef and sausage until browned and cooked through.
- ☐ Remove the mixture from the pan and add to the pasta bowl.
- ☐ Add the remaining olive oil to the pan and saute the peppers and onion until golden brown and tender. Using a slotted spoon, transfer the peppers and onions to the pasta bowl.
- ☐ Heat the sauce in a saucepan and then pour it over the pasta mixture and toss to coat.
- ☐ Serve hot.
- ☐ Heat the olive oil in a large saute pan over medium-high heat. Cook the sun-dried tomatoes and onion for 5 minutes.

- ☐
- Add the tomato, garlic, chicken stock, tomato juice, and crushed red pepper and simmer to reduce by 1/
- ☐
- Add the heavy cream and cook for 1 more minute, then carefully transfer to a food processor or blender. Puree the sauce until smooth.
- ☐
- Serve the sauce warm or store in the refrigerator until ready to use.

Nutrition Facts

PROTEIN 14.69%

FAT 42.35%

CARBS 42.96%

Properties

Glycemic Index:71.33, Glycemic Load:43.53, Inflammation Score:-10, Nutrition Score:48.800434029621%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 1174.11kcal (58.71%), Fat: 56.34g (86.68%), Saturated Fat: 17.38g (108.61%), Carbohydrates: 128.59g (42.86%), Net Carbohydrates: 116.22g (42.26%), Sugar: 30.38g (33.76%), Cholesterol: 101.96mg (33.99%), Sodium: 626.98mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.99g (87.97%), Selenium: 99.88µg (142.68%), Vitamin C: 99.16mg (120.19%), Manganese: 2.31mg (115.25%), Potassium: 2873.34mg (82.1%), Copper: 1.33mg (66.31%), Vitamin B3: 13.15mg (65.77%), Phosphorus: 647.7mg (64.77%), Vitamin B1: 0.84mg (55.99%), Magnesium: 207.13mg (51.78%), Iron: 9.19mg (51.05%), Vitamin B6: 1mg (49.8%), Fiber: 12.38g (49.51%), Zinc: 6.53mg (43.51%), Vitamin A: 1996.07IU (39.92%), Vitamin K: 41.35µg (39.39%), Vitamin B2: 0.66mg (38.63%), Vitamin B12: 1.75µg (29.22%), Folate: 106.85µg (26.71%), Vitamin E: 3.89mg (25.93%), Vitamin B5: 2.58mg (25.78%), Calcium: 142.77mg (14.28%), Vitamin D: 0.29µg (1.96%)