



Mushroom Rigatoni Bake

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces asiago cheese divided grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 4 ounces crimini mushrooms sliced
- ☐ 1 tablespoon sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic minced
- ☐ 2 cups milk 2% reduced-fat

- ☐ 8 ounces soup noodles uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots sliced
- ☐ 8 ounces mushroom caps sliced

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

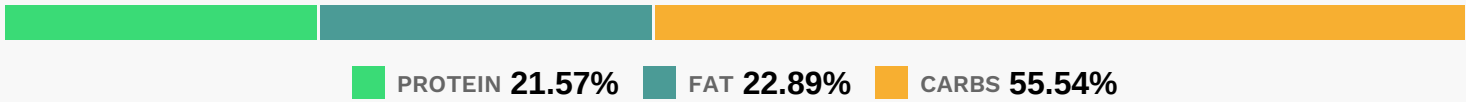
Directions

- ☐ Preheat oven to 37
- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain well. Set cooked pasta aside.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add shallots; saut 3 minutes.
- ☐ Add mushrooms, 1 tablespoon thyme, salt, pepper, and garlic; saut 8 minutes or until mushrooms are tender.
- ☐ Add sherry; cook 1 minute, stirring frequently.
- ☐ Remove from heat.
- ☐ Place flour in a Dutch oven over medium-high heat; gradually add milk, stirring constantly with a whisk. Bring mixture to a boil; cook 1 minute or until slightly thick, stirring constantly with a whisk.
- ☐ Remove from heat; add 1/2 cup cheese, stirring until melted.
- ☐ Add pasta and mushroom mixture to cheese mixture, tossing well to combine. Spoon pasta mixture into an 8-inch square baking dish lightly coated with cooking spray; sprinkle evenly with remaining 1/2 cup cheese.
- ☐ Bake at 375 for 30 minutes or until cheese melts and begins to brown.

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Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:23.28, Inflammation Score:0, Nutrition Score:23.143043336661%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 463.26kcal (23.16%), Fat: 11.77g (18.11%), Saturated Fat: 6.8g (42.47%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 59.83g (21.76%), Sugar: 10.68g (11.86%), Cholesterol: 30.55mg (10.18%), Sodium: 819.83mg (35.64%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 24.95g (49.9%), Selenium: 58.47µg (83.53%), Phosphorus: 547.05mg (54.7%), Calcium: 521.96mg (52.2%), Manganese: 0.88mg (44.25%), Vitamin B2: 0.61mg (35.84%), Vitamin B3: 4.99mg (24.97%), Vitamin B6: 0.47mg (23.26%), Copper: 0.44mg (21.96%), Vitamin B5: 2.18mg (21.78%), Zinc: 3.16mg (21.09%), Potassium: 721.92mg (20.63%), Magnesium: 79.41mg (19.85%), Vitamin B12: 1.09µg (18.21%), Fiber: 4.41g (17.64%), Vitamin B1: 0.24mg (16.05%), Iron: 2.22mg (12.36%), Folate: 49.32µg (12.33%), Vitamin A: 599.78IU (12%), Vitamin D: 1.69µg (11.3%), Vitamin C: 4.69mg (5.68%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.23µg (1.17%)