



Mushroom Rigatoni Bake

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 8 ounces radiatore pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots sliced
- ☐ 8 ounces shiitake mushroom caps sliced

Equipment

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

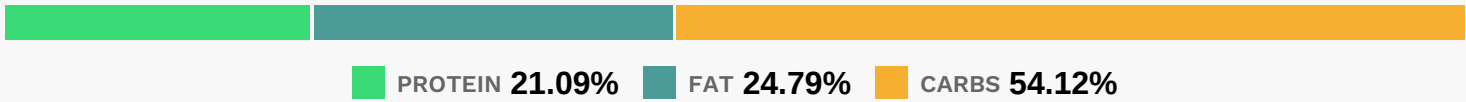
Directions

- ☐ 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:-9, Nutrition Score:22.636956411859%

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: 471.52kcal (23.58%), Fat: 12.98g (19.98%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 59.37g (21.59%), Sugar: 10.79g (11.99%), Cholesterol: 34.09mg (11.36%), Sodium: 829.27mg (36.06%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 24.86g (49.71%), Selenium: 58.95µg (84.21%), Phosphorus: 534.07mg (53.41%), Calcium: 514.88mg (51.49%), Manganese: 0.9mg (44.9%), Vitamin B2: 0.66mg (38.96%), Vitamin B3: 4.97mg (24.85%), Copper: 0.44mg (22.25%), Vitamin B6: 0.44mg (21.96%), Vitamin B5: 2.17mg (21.72%), Zinc: 3.22mg (21.48%), Potassium: 699.5mg (19.99%), Magnesium: 78.23mg (19.56%), Fiber: 4.41g (17.64%), Vitamin B12: 1µg (16.64%), Vitamin B1: 0.22mg (14.64%), Folate: 52.86µg (13.22%), Iron: 2.25mg (12.49%), Vitamin A: 488.86IU (9.78%), Vitamin C: 4.92mg (5.97%), Vitamin D: 0.4µg (2.65%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.35µg (1.28%)