



Quick Skillet Rigatoni

READY IN



19 min.

SERVINGS



4

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup beef broth dry white
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 0.5 pound ground round
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped
- ☐ 4 servings parmesan cheese grated
- ☐ 4 servings pepper freshly ground
- ☐ 8 ounces rigatoni uncooked

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15 oz seasoned tomato sauce with hunt's for lasagna we tested canned

Equipment

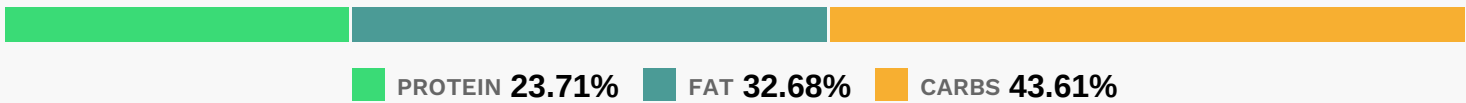
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frying pan

Directions

- ☐
- Cook rigatoni according to package directions; drain and keep warm.
- ☐
- While pasta cooks, heat oil in a large skillet over medium-high heat.
- ☐
- Add onion, ground round, mushrooms, and rosemary. Cook 8 minutes or until meat crumbles and is no longer pink.
- ☐
- Add wine; bring to a boil. Cook 2 minutes or until almost all liquid evaporates. Stir in cooked pasta and tomato sauce; cover and simmer 3 minutes or until thoroughly heated.
- ☐
- Sprinkle each serving with grated Parmesan cheese and pepper.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:19.95, Inflammation Score:-7, Nutrition Score:24.676956736523%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 541.29kcal (27.06%), Fat: 18.97g (29.19%), Saturated Fat: 7.68g (47.98%), Carbohydrates: 56.97g (18.99%), Net Carbohydrates: 52.5g (19.09%), Sugar: 7.9g (8.77%), Cholesterol: 62.95mg (20.98%), Sodium: 1075.27mg (46.75%), Alcohol: 3.09g (100%), Alcohol %: 1.07% (100%), Protein: 30.98g (61.95%), Selenium: 61.83µg (88.33%), Phosphorus: 492.72mg (49.27%), Manganese: 0.78mg (38.77%), Zinc: 5.43mg (36.18%), Vitamin B3: 7.03mg

(35.15%), Vitamin B2: 0.54mg (31.48%), Calcium: 310.16mg (31.02%), Vitamin B12: 1.68µg (28.01%), Copper: 0.53mg (26.63%), Potassium: 922.84mg (26.37%), Vitamin B6: 0.53mg (26.28%), Iron: 3.62mg (20.1%), Magnesium: 78.91mg (19.73%), Vitamin B5: 1.91mg (19.06%), Fiber: 4.48g (17.9%), Vitamin E: 2.44mg (16.29%), Vitamin A: 722.38IU (14.45%), Vitamin C: 10.68mg (12.94%), Vitamin B1: 0.17mg (11.24%), Folate: 40.21µg (10.05%), Vitamin K: 6.5µg (6.19%), Vitamin D: 0.32µg (2.13%)