

Rigatoni alla Panna

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup heavy cream
- ☐ 3 ounces parmigiano-reggiano cheese freshly grated
- ☐ 1 pound rigatoni
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted at room temperature

Equipment

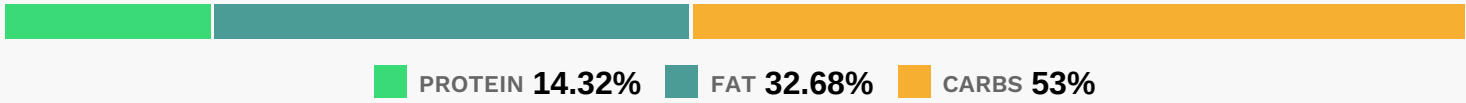
- ☐ bowl
- ☐ sauce pan

pot

Directions

- Cook the rigatoni in a large pot of boiling salted water, stirring occasionally, until al dente; drain and return to the pot.
- Meanwhile, warm the cream in a small saucepan over low heat.
- Add the butter to the rigatoni and toss well, then add the cream and cheese and toss to coat. Season with salt and pepper, transfer to a warmed bowl and serve.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:34.22, Inflammation Score:-6, Nutrition Score:16.758260969235%

Nutrients (% of daily need)

Calories: 655.39kcal (32.77%), Fat: 23.62g (36.34%), Saturated Fat: 14.24g (89.01%), Carbohydrates: 86.21g (28.74%), Net Carbohydrates: 82.58g (30.03%), Sugar: 4.07g (4.52%), Cholesterol: 63.13mg (21.04%), Sodium: 550.02mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.59%), Selenium: 77.41µg (110.59%), Manganese: 1.05mg (52.26%), Phosphorus: 380.82mg (38.08%), Calcium: 296.99mg (29.7%), Magnesium: 71.68mg (17.92%), Copper: 0.34mg (16.95%), Vitamin A: 778.31IU (15.57%), Zinc: 2.26mg (15.08%), Fiber: 3.63g (14.51%), Vitamin B2: 0.2mg (11.58%), Vitamin B3: 2.01mg (10.04%), Vitamin B6: 0.19mg (9.55%), Iron: 1.68mg (9.34%), Potassium: 302.42mg (8.64%), Vitamin B1: 0.12mg (7.78%), Vitamin B5: 0.67mg (6.69%), Folate: 23.3µg (5.83%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.69µg (4.58%), Vitamin E: 0.61mg (4.05%), Vitamin K: 1.92µg (1.83%)