



Rigatoni and Tomatoes

READY IN



145 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.3 cups tomatoes chopped
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 2 tablespoons capers drained
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 garlic clove finely chopped

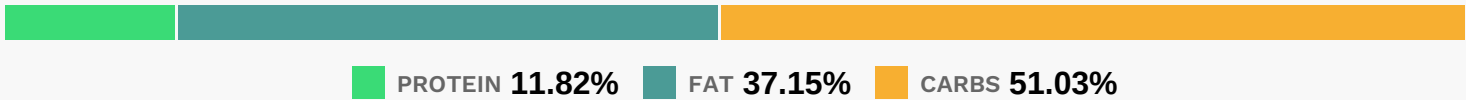
- ☐ 3 cups rigatoni uncooked
- ☐ 0.3 cup pecorino cheese grated

Equipment

Directions

- ☐ Mix all ingredients except rigatoni and cheese. Cover and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Cook and drain rigatoni as directed on package. Immediately toss rigatoni and tomato mixture.
- ☐ Serve immediately, or cover and refrigerate about 2 hours or until chilled.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:10.13, Inflammation Score:-5, Nutrition Score:9.2308696203906%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 205.29kcal (10.26%), Fat: 8.58g (13.2%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 24.26g (8.82%), Sugar: 3.07g (3.41%), Cholesterol: 4.33mg (1.44%), Sodium: 324.04mg (14.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin K: 40.61µg (38.68%), Selenium: 19.72µg (28.18%), Manganese: 0.48mg (24.11%), Vitamin C: 8.9mg (10.79%), Phosphorus: 106.79mg (10.68%), Iron: 1.84mg (10.2%), Vitamin A: 508.88IU (10.18%), Fiber: 2.25g (9%), Calcium: 88.47mg (8.85%), Magnesium: 34.46mg (8.61%), Copper: 0.16mg (8.07%), Vitamin E: 1.09mg (7.24%), Potassium: 244.49mg (6.99%), Vitamin B6: 0.12mg (5.88%), Zinc: 0.74mg (4.92%), Folate: 19.35µg (4.84%), Vitamin B3: 0.94mg (4.69%), Vitamin B2: 0.07mg (3.83%), Vitamin B1: 0.05mg (3.5%), Vitamin B5: 0.22mg (2.15%)