

Rigatoni Caprese

READY IN



45 min.

SERVINGS



5

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon capers
- ☐ 6 cups rigatoni hot cooked uncooked ()
- ☐ 1.5 cups basil leaves fresh thinly sliced
- ☐ 1 garlic clove crushed
- ☐ 4 ounces mozzarella cheese fresh diced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2.5 pounds plum tomatoes chopped
- ☐ 1.5 ounces romano cheese fresh grated

☐ 1 teaspoon salt

Equipment

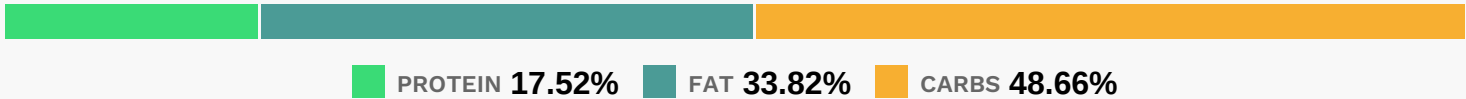
☐ bowl

☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine oil, capers, salt, pepper, and garlic in a small bowl; stir well with a whisk.
- ☐ Pour over pasta mixture; toss gently.
- ☐ Sprinkle with Parmesan cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:19.58, Inflammation Score:-9, Nutrition Score:20.16130458272%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 384.3kcal (19.21%), Fat: 14.6g (22.46%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 42.14g (15.33%), Sugar: 6.97g (7.74%), Cholesterol: 26.76mg (8.92%), Sodium: 766.74mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Selenium: 36.91µg (52.72%), Vitamin K: 52.61µg (50.1%), Vitamin A: 2460.98IU (49.22%), Vitamin C: 32.62mg (39.54%), Manganese: 0.77mg (38.7%), Phosphorus: 274.38mg (27.44%), Calcium: 251.8mg (25.18%), Fiber: 5.11g (20.44%), Potassium: 641.95mg (18.34%), Magnesium: 60.21mg (15.05%), Vitamin E: 2.24mg (14.93%), Copper: 0.3mg (14.87%), Iron: 2.63mg (14.63%), Vitamin B6: 0.28mg (13.77%), Zinc: 1.95mg (13.02%), Folate: 49.92µg (12.48%), Vitamin B12: 0.61µg (10.21%), Vitamin B2: 0.17mg (10.09%), Vitamin B3: 1.94mg (9.7%), Vitamin B1: 0.12mg (8.13%), Vitamin B5: 0.43mg (4.26%)