



WHATSheATE



Rigatoni in Creamy Tomato Sauce

READY IN



35 min.

SERVINGS



6

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup cup heavy whipping cream warmed
- ☐ 1 small onion finely chopped
- ☐ 3 ounces pepperoni finely chopped
- ☐ 1 pound rigatoni
- ☐ 6 servings salt

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted

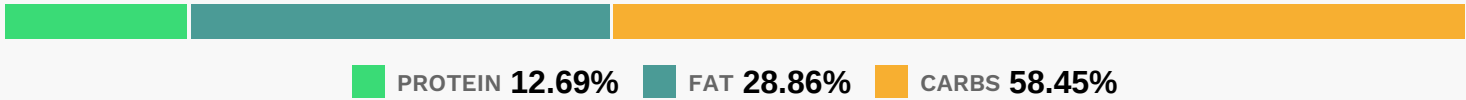
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add pepperoni and onion and cook, stirring, until onion is soft, 3 to 5 minutes.
- ☐ Add garlic and saut until fragrant, about 1 minute longer.
- ☐ Add wine and cook, stirring, until almost evaporated, 2 to 3 minutes. Stir in tomatoes and sugar, bring to a boil, reduce heat and simmer until slightly thickened, 15 to 20 minutes. Stir in heavy cream. Season with salt.
- ☐ While sauce is cooking, bring a large pot of salted water to boil.
- ☐ Add rigatoni and cook until just tender, about 10 minutes or as package label directs.
- ☐ Combine with sauce and basil and serve.

Nutrition Facts



Properties

Glycemic Index:53.35, Glycemic Load:27.26, Inflammation Score:-7, Nutrition Score:18.004347604254%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 491.91kcal (24.6%), Fat: 15.47g (23.8%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 70.5g (23.5%), Net Carbohydrates: 65.34g (23.76%), Sugar: 10.83g (12.03%), Cholesterol: 34.99mg (11.66%), Sodium: 601.81mg (26.17%), Alcohol: 2.06g (100%), Alcohol %: 0.96% (100%), Protein: 15.31g (30.62%), Selenium: 53.26µg (76.09%), Manganese: 1.09mg (54.36%), Copper: 0.49mg (24.39%), Phosphorus: 223.56mg (22.36%), Fiber: 5.17g (20.67%), Vitamin B6: 0.4mg (19.93%), Magnesium: 73.93mg (18.48%), Potassium: 643.87mg (18.4%), Vitamin B3: 3.67mg (18.34%), Iron: 3.03mg (16.84%), Vitamin C: 13.59mg (16.47%), Vitamin B1: 0.22mg (14.44%), Vitamin E: 2.09mg (13.96%), Zinc: 1.86mg (12.41%), Vitamin K: 12.85µg (12.24%), Vitamin A: 599.91IU (12%), Vitamin B2: 0.18mg (10.54%), Vitamin B5: 0.92mg (9.23%), Folate: 35.18µg (8.79%), Calcium: 79.42mg (7.94%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.41µg (2.75%)