



Rigatoni sausage bake

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



837 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pork sausage
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 large carrots grated
- ☐ 150 ml red wine
- ☐ 300 ml vegetable stock
- ☐ 3 tbsp tomato purée
- ☐ 50 g butter

- ☐ 50 g flour plain
- ☐ 600 ml milk
- ☐ 6 servings nutmeg freshly grated
- ☐ 500 g rigatoni
- ☐ 200 g pkt spinach fresh
- ☐ 140 g cheddar cheese grated

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Slit the sausages and remove them from their skins, then chop them into small pieces.
- ☐ Heat the oil in a pan, add the onion and fry for 5 minutes, until softened and lightly browned. Stir in the sausages and fry until lightly coloured.
- ☐ Add the carrot, then stir in the wine, stock, tomato pure, and season.
- ☐ Bring to the boil, then simmer uncovered for about 15 minutes until thickened. Taste and season. Set aside.
- ☐ Put the butter, flour and milk in a pan. Gently heat, whisking, until thickened and smooth.
- ☐ Add a sprinkle of freshly grated nutmeg, season, then simmer for 2 minutes.
- ☐ Preheat the oven to 190C/Gas 5/fan 170C. Bring a large pan of salted water to the boil.
- ☐ Add the pasta, stir well, then cook, uncovered, for 10–12 minutes, until tender.
- ☐ Remove from the heat, stir in the spinach and, when just wilted, drain well.
- ☐ Tip half the pasta into a shallow ovenproof dish, about 2.2 litre/4 pint, and level. Spoon over the sausage sauce, then cover with the remaining pasta.
- ☐ Pour the white sauce evenly over the top and sprinkle with the cheddar.
- ☐ Bake for 20–25 minutes until golden brown. Leave for 5 minutes before serving.

Nutrition Facts



 **PROTEIN 15.8%**  **FAT 44.45%**  **CARBS 39.75%**

Properties

Glycemic Index:82.64, Glycemic Load:33.3, Inflammation Score:-10, Nutrition Score:35.090869323067%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 837.12kcal (41.86%), Fat: 40.27g (61.96%), Saturated Fat: 17.67g (110.41%), Carbohydrates: 81.05g (27.02%), Net Carbohydrates: 76.21g (27.71%), Sugar: 10.31g (11.46%), Cholesterol: 101.63mg (33.88%), Sodium: 912.17mg (39.66%), Alcohol: 2.69g (100%), Alcohol %: 0.77% (100%), Protein: 32.21g (64.42%), Vitamin K: 166.26µg (158.35%), Vitamin A: 5939.01IU (118.78%), Selenium: 64.71µg (92.45%), Manganese: 1.28mg (63.78%), Phosphorus: 508.67mg (50.87%), Calcium: 366.92mg (36.69%), Vitamin B2: 0.51mg (30.05%), Vitamin B1: 0.44mg (29.42%), Vitamin B3: 5.75mg (28.74%), Zinc: 4.31mg (28.74%), Magnesium: 112.33mg (28.08%), Folate: 109.15µg (27.29%), Vitamin B6: 0.54mg (26.83%), Potassium: 860.27mg (24.58%), Vitamin B12: 1.39µg (23.08%), Copper: 0.41mg (20.39%), Iron: 3.56mg (19.78%), Fiber: 4.84g (19.36%), Vitamin C: 12.81mg (15.52%), Vitamin B5: 1.45mg (14.53%), Vitamin D: 2.14µg (14.27%), Vitamin E: 1.9mg (12.64%)