



Rigatoni with Breadcrumbs, Rosemary, Garlic, and Parmigiano Reggiano

READY IN



20 min.

SERVINGS



2

CALORIES



1395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons almonds sliced
- 1 cup breadcrumbs fresh
- 4 tablespoons butter divided ()
- 1 tablespoon rosemary leaves fresh
- 1 medium clove garlic
- 2 servings pepper black freshly ground
- 0.3 cup parmesan grated
- 1 pound rigatoni dry

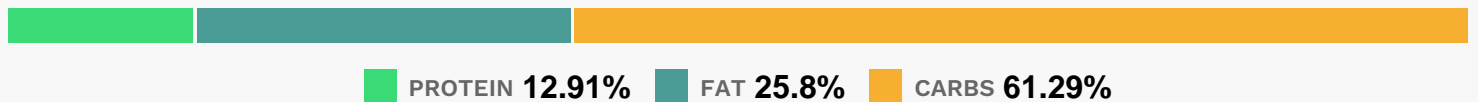
Equipment

- food processor
- bowl
- frying pan
- whisk
- pot

Directions

- In the food processor, combine breadcrumbs, garlic, rosemary, almonds, and Parmigiano Reggiano. Season to taste with salt and pepper and pulse until just combined, about 5 one-second pulses.
- Add 1 tablespoon of butter, and pulse until the butter is evenly distributed into the crumbs, about 5 more pulses.
- Place the mixture in a sauté pan over medium heat, and toast, stirring often, until the crumbs are golden brown, about 10 minutes.
- Meanwhile, cook the rigatoni according to package directions in a pot of salted water. Reserve 1 cup of cooking water before draining the pasta.
- Add the water back to the empty pasta pot, and bring to a simmer. Cube the remaining cold butter, and whisk it in a little at a time, to create a milky emulsion.
- Remove from heat and stir in the rigatoni. Season to taste with salt and pepper.
- Pour into a serving bowl, and top with the breadcrumb mixture, extra Parmigiano Reggiano, and torn rosemary leaves.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:68.48, Inflammation Score:-9, Nutrition Score:34.199130803347%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1395.12kcal (69.76%), Fat: 39.78g (61.2%), Saturated Fat: 18.32g (114.51%), Carbohydrates: 212.64g (70.88%), Net Carbohydrates: 200.88g (73.05%), Sugar: 10.19g (11.32%), Cholesterol: 68.7mg (22.9%), Sodium: 789.86mg (34.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.81g (89.62%), Selenium: 160.87µg (229.81%), Manganese: 2.97mg (148.43%), Phosphorus: 686.48mg (68.65%), Vitamin B1: 0.77mg (51.12%), Copper: 0.96mg (48.02%), Magnesium: 191.44mg (47.86%), Fiber: 11.76g (47.04%), Vitamin B3: 8.05mg (40.24%), Iron: 6.32mg (35.13%), Calcium: 347.85mg (34.78%), Vitamin B2: 0.58mg (34.06%), Zinc: 4.85mg (32.3%), Vitamin E: 4.81mg (32.08%), Folate: 108.07µg (27.02%), Vitamin B6: 0.44mg (22.12%), Potassium: 753.79mg (21.54%), Vitamin A: 827.42IU (16.55%), Vitamin B5: 1.45mg (14.52%), Vitamin B12: 0.39µg (6.44%), Vitamin K: 6.15µg (5.86%)