




Rigatoni with Cauliflower and Tomato Sauce


 Very Healthy

READY IN




45 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup thin- basil leaves fresh chopped
- 1.8 cups canned tomatoes thick canned crushed (one 15-ounce can)
- 1.5 pounds cauliflower cut into small florets (1 quart florets)
- 3 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 3 tablespoons olive oil
- 0.3 cup parmesan grated plus more for serving
- 0.3 cup pinenuts

- 0.3 cup raisins
- 0.8 pound rigatoni
- 0.8 teaspoon salt
- 2 tablespoons water

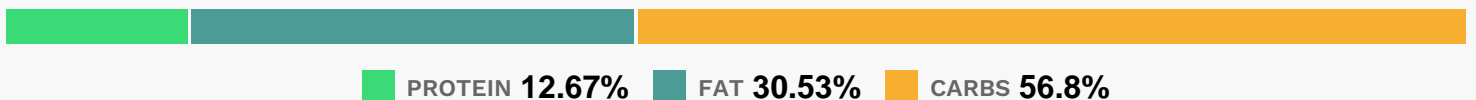
Equipment

- frying pan
- oven
- pot

Directions

- In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes.
- In a large frying pan, heat the oil over moderately low heat.
- Add the garlic and cook until fragrant, stirring, about 30 seconds. Increase the heat to moderate.
- Add the cauliflower, tomatoes, raisins, water, and salt and bring the sauce to a simmer. Reduce the heat and simmer, covered, until the cauliflower is very tender, about 10 minutes.
- In a large pot of boiling, salted water, cook the rigatoni until just done, about 14 minutes.
- Drain the rigatoni and toss with the pine nuts, cauliflower sauce, basil, Parmesan, and pepper.
- Serve with additional Parmesan.
- Wine Recommendation: Barbera is the everyday wine of the Piedmontese, and this pasta will show you why. High in acid, low in tannin, and chock-full of bright blackberry fruitiness, barberas are perhaps the best wines in the world to serve with tomato-based dishes.

Nutrition Facts



Properties

Glycemic Index:72.95, Glycemic Load:34.76, Inflammation Score:-9, Nutrition Score:35.805652326216%

Flavonoids

Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 627.1kcal (31.35%), Fat: 22.01g (33.86%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 92.13g (30.71%), Net Carbohydrates: 82.43g (29.98%), Sugar: 10.72g (11.91%), Cholesterol: 4.25mg (1.42%), Sodium: 740.84mg (32.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.1%), Vitamin K: 167.8µg (159.81%), Vitamin C: 103.15mg (125.03%), Manganese: 2.33mg (116.39%), Selenium: 57.3µg (81.85%), Phosphorus: 394.58mg (39.46%), Fiber: 9.7g (38.8%), Copper: 0.71mg (35.7%), Folate: 142.14µg (35.54%), Potassium: 1233.49mg (35.24%), Vitamin B6: 0.67mg (33.33%), Magnesium: 130.99mg (32.75%), Vitamin E: 4.19mg (27.92%), Iron: 4.76mg (26.45%), Vitamin B3: 4.36mg (21.81%), Vitamin B1: 0.31mg (20.6%), Zinc: 2.97mg (19.82%), Vitamin B5: 1.91mg (19.1%), Calcium: 186.04mg (18.6%), Vitamin A: 912.39IU (18.25%), Vitamin B2: 0.29mg (16.85%), Vitamin B12: 0.08µg (1.25%)