



Rigatoni with Cheese and Italian Sausage

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 garlic cloves thinly sliced
- ☐ 1.5 cups tomatoes prepared
- ☐ 0.3 cup mozzarella cheese grated
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 teaspoon parsley fresh italian chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 pound rigatoni
- ☐ 0.3 pound spicy sausage italian

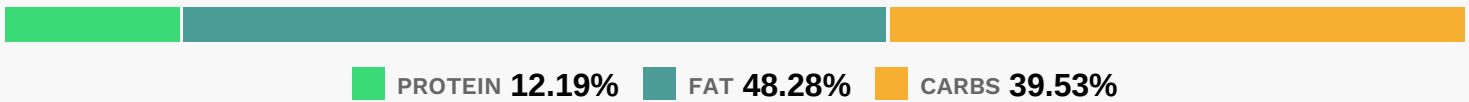
Equipment

- ☐ pot
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Cook rigatoni in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta.
- ☐ Meanwhile, preheat broiler. Cook sausage in heavy large pot over medium-high heat until no longer pink, stirring frequently and breaking up with back of wooden spoon.
- ☐ Add garlic and sauté until soft, about 2 minutes.
- ☐ Drain off excess oil and return pot to medium-high heat. Stir in marinara sauce and crushed red pepper, then pasta. Season to taste with salt and pepper. Divide pasta among four 1 1/4-cup soufflé dishes or custard cups.
- ☐ Sprinkle mozzarella and Parmesan over.
- ☐ Place in broiler until cheese melts and begins to brown, watching closely to prevent burning, about 1 1/2 minutes.
- ☐ Sprinkle rigatoni with parsley, drizzle with olive oil, and serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:18.83, Inflammation Score:-6, Nutrition Score:14.715652197599%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 488.73kcal (24.44%), Fat: 26.32g (40.49%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 45.17g (16.43%), Sugar: 4.89g (5.44%), Cholesterol: 29.25mg (9.75%), Sodium: 738.41mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.92%), Selenium: 45.74µg (65.35%), Manganese: 0.67mg (33.41%), Vitamin E: 3.52mg (23.49%), Phosphorus: 215.91mg (21.59%), Vitamin B1: 0.24mg (16.04%), Copper: 0.3mg (15.05%), Vitamin B3: 2.84mg (14.22%), Vitamin B6: 0.28mg (14.2%), Potassium: 492.12mg (14.06%), Fiber: 3.31g (13.25%), Magnesium: 50.84mg (12.71%), Zinc: 1.85mg (12.33%), Iron: 2.14mg (11.91%), Vitamin K: 11.96µg (11.39%), Vitamin A: 543.13IU (10.86%), Vitamin B2: 0.17mg (10.22%), Calcium: 91.04mg (9.1%), Vitamin C: 7.5mg (9.09%), Vitamin B12: 0.45µg (7.52%), Vitamin B5: 0.7mg (7.02%), Folate: 21.54µg (5.38%)