



Rigatoni with Goat Cheese, Sun-Dried Tomatoes, and Kale

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon chili oil (or vegetable oil)
- ☐ 6 cups rigatoni cooked uncooked (12 ounces pasta)
- ☐ 6 garlic cloves minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 4 cups kale coarsely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon pepper freshly ground

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 0.5 cup sun-dried tomato sprinkles
- ☐ 2 cups water boiling

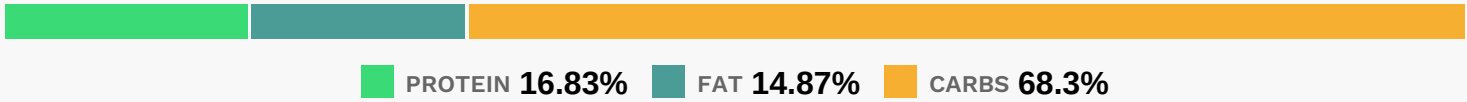
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine tomato sprinkles and boiling water in a bowl; let stand 30 minutes.
- ☐ Drain tomatoes in a sieve over a bowl, reserving 1/2 cup liquid.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots and garlic; saut 1 minute.
- ☐ Add kale; saut 3 minutes or until wilted.
- ☐ Add tomatoes; saut 2 minutes.
- ☐ Add reserved 1/2 cup liquid, oregano, salt, and pepper. Reduce heat; simmer 3 minutes or until kale is tender.
- ☐ Combine the pasta, kale mixture, and goat cheese in a large bowl, and toss well.
- ☐ Note: Substitute 1 cup thawed frozen chopped kale for fresh, if desired.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:23.99, Inflammation Score:-10, Nutrition Score:21.66956543145%

Flavonoids

Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.84mg, Kaempferol: 9.84mg, Kaempferol: 9.84mg, Kaempferol: 9.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 340.39kcal (17.02%), Fat: 5.72g (8.8%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 53.13g (19.32%), Sugar: 7.52g (8.36%), Cholesterol: 6.52mg (2.17%), Sodium: 160.71mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin K: 90.95µg (86.62%), Selenium: 41.77µg (59.68%), Manganese: 1.03mg (51.42%), Vitamin A: 2370.09IU (47.4%), Vitamin C: 27.6mg (33.45%), Copper: 0.51mg (25.4%), Fiber: 5.94g (23.77%), Iron: 4.13mg (22.93%), Phosphorus: 200.01mg (20%), Potassium: 685.82mg (19.59%), Magnesium: 69.07mg (17.27%), Vitamin B6: 0.3mg (14.75%), Vitamin B2: 0.23mg (13.72%), Calcium: 120.29mg (12.03%), Vitamin B3: 2.23mg (11.13%), Vitamin B1: 0.15mg (10.31%), Folate: 40.34µg (10.08%), Zinc: 1.38mg (9.21%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.36mg (2.38%)