

**100%**
HEALTH SCORE

Rigatoni with Grilled Peppers and Onions

 Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**415 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup basil leaves thinly sliced
- ☐ 4 servings kosher salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 3.5 ounces parmesan grated
- ☐ 2 large bell peppers red cut into quarters
- ☐ 2 medium onions red sliced into 1/2-inch-thick rings
- ☐ 4 cups rigatoni
- ☐ 1 bunch pkt spinach trimmed

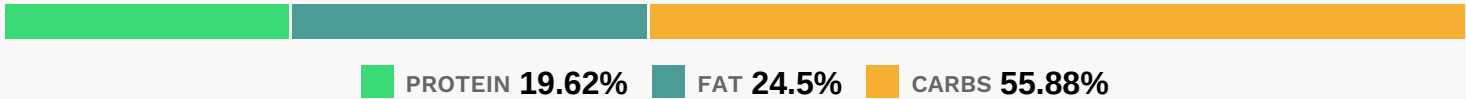
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Heat a grill or grill pan to medium-high. In a large bowl, toss the onions, bell peppers, oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Grill, turning occasionally, until tender, 8 to 10 minutes.
- ☐ Transfer to a cutting board and cut into bite-size pieces. Cook the pasta according to the package directions. Reserve 1 cup of the cooking water, drain the pasta, and return the pasta to the pot.
- ☐ Add the grilled vegetables, spinach, the reserved pasta water, and 3/4 cup of the Parmesan to the pasta and toss to combine. Top with the basil and the remaining Parmesan before serving.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:20.81, Inflammation Score:-10, Nutrition Score:36.070869489856%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 5.8mg, Kaempferol: 5.8mg, Kaempferol: 5.8mg, Kaempferol: 5.8mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 14.73mg, Quercetin: 14.73mg, Quercetin: 14.73mg, Quercetin: 14.73mg

Nutrients (% of daily need)

Calories: 414.68kcal (20.73%), Fat: 11.47g (17.65%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 52.37g (19.04%), Sugar: 7.95g (8.83%), Cholesterol: 16.87mg (5.62%), Sodium: 667.66mg (29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.36%), Vitamin K: 436.05µg (415.29%), Vitamin A: 10970.08IU (219.4%), Vitamin C: 133.73mg (162.09%), Manganese: 1.53mg (76.63%), Selenium: 44.72µg (63.89%), Folate: 228.67µg (57.17%), Calcium: 416.96mg (41.7%), Phosphorus: 366.99mg (36.7%), Magnesium: 128.09mg (32.02%), Vitamin B6: 0.59mg (29.26%), Fiber: 6.52g (26.08%), Potassium: 897.59mg (25.65%), Vitamin E: 3.69mg (24.62%), Iron: 3.92mg (21.77%), Vitamin B2: 0.37mg (21.59%), Copper: 0.34mg (17.24%), Zinc: 2.31mg (15.43%), Vitamin B1: 0.2mg (13.41%), Vitamin B3: 2.61mg (13.05%), Vitamin B5: 0.76mg (7.63%), Vitamin B12: 0.3µg (4.96%)