



Rigatoni with Grilled Tomatoes and Cream

READY IN



20 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan cheese shaved with a vegetable peeler
- ☐ 1.8 lb plum tomatoes cored ripe
- ☐ 4 cups rigatoni uncooked (from a 1 lb. box)

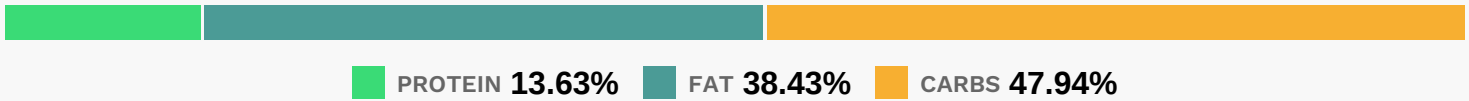
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare a grill. Bring a large pot of salted water to a boil.
- ☐ Toss tomatoes in oil in a large bowl. Put tomatoes on grill, reserving oil. Cover grill and cook tomatoes, turning occasionally with tongs, until skins are charred and flesh is softened, about 15 minutes.
- ☐ While tomatoes are grilling, cook rigatoni in boiling water according to package directions, stirring often, until al dente.
- ☐ Drain.
- ☐ Return tomatoes to bowl with oil. Use tongs to pull off skin, then coarsely mash tomato flesh. Stir in cream.
- ☐ Add cooked pasta, salt, pepper and parsley. Toss well.
- ☐ Serve with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:20.2, Inflammation Score:-9, Nutrition Score:19.54956525305%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 444.23kcal (22.21%), Fat: 19.14g (29.45%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 53.75g (17.92%), Net Carbohydrates: 49.35g (17.95%), Sugar: 7.53g (8.37%), Cholesterol: 32.05mg (10.68%), Sodium: 828.61mg (36.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.55%), Selenium: 41.71µg (59.59%), Vitamin K: 53.83µg (51.27%), Vitamin A: 2224.48IU (44.49%), Manganese: 0.8mg (40.01%), Vitamin C: 29.97mg (36.32%), Phosphorus: 272.26mg (27.23%), Calcium: 217.11mg (21.71%), Potassium: 648.93mg (18.54%), Fiber: 4.4g (17.6%), Vitamin E: 2.38mg (15.84%), Magnesium: 62.48mg (15.62%), Copper: 0.3mg (15.11%), Vitamin B6: 0.27mg (13.3%), Vitamin B3: 2.28mg (11.39%), Folate: 45.41µg (11.35%), Zinc: 1.65mg (10.97%), Vitamin B2: 0.16mg (9.43%), Vitamin B1: 0.14mg (9.25%), Iron: 1.63mg (9.07%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.39µg (2.59%)