



 **68%**
HEALTH SCORE

Rigatoni with Mushroom Ragu, Fresh Mozzarella, and Truffle

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup carrots roughly chopped
- 1 ounce the following: parmesan rind) dried
- 5 ounce mozzarella fresh
- 3 medium cloves garlic smashed
- 2 servings pepper black freshly ground
- 2.5 tablespoons olive oil divided
- 0.5 pound portabello mushrooms roughly chopped

- 1 pound rigatoni dry
- 2 cups tomato basil sauce
- 1 cup onion yellow roughly chopped

Equipment

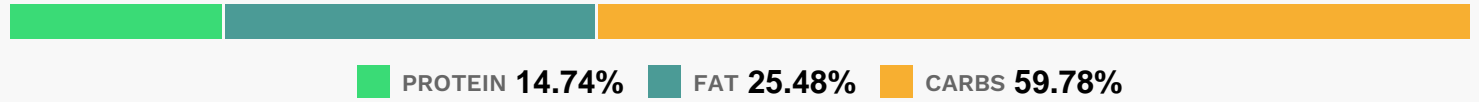
- food processor
- bowl
- frying pan
- pot
- measuring cup

Directions

- Bring a large pot of salted water to a boil.
- Place dried porcini in a 1-cup liquid measuring cup and add 1 cup of hot water. Set aside to rehydrate.
- Place portobello in bowl of food processor and pulse until no pieces larger than 1/2 inch remain, about 8 to 10 short pulses.
- Drain porcini, reserving the mushrooms and the soaking liquid separately. Roughly chop the rehydrated porcini.
- Heat 1 1/2 tablespoons olive in a large nonstick skillet over high heat until shimmering.
- Add portobellos and porcini and cook, stirring frequently, until all of their liquid has evaporated and they start to sizzle, about 8 minutes. Season to taste with salt and pepper, then transfer to a bowl.
- Meanwhile, place carrot, onion, and garlic in bowl of food processor and pulse until no pieces larger than 1/2 inch remain, about 8 to 10 short pulses. Wipe out now-empty skillet and heat remaining tablespoon oil over medium heat until shimmering.
- Add carrot/onion mixture, season with salt and pepper, and cook, stirring often, until completely soft, about 5 minutes.
- Return the mushrooms to the skillet and add the tomato sauce along with the porcini soaking liquid. Bring to a boil, reduce to a simmer, cover, and cook for 15 minutes, making sure that the sauce doesn't completely dry out (

- Add water as necessary while simmering). Meanwhile, cook the pasta according to package directions.
- Drain the pasta, reserving 1 cup of pasta water.
- Add the pasta to the sauce, and toss to coat, adding reserved pasta water as necessary to adjust consistency. Season to taste with salt and pepper.
- Serve immediately, topping each portion with torn mozzarella and a drizzle of truffle oil

Nutrition Facts



Properties

Glycemic Index:102.42, Glycemic Load:72.61, Inflammation Score:-10, Nutrition Score:49.513912781425%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg

Nutrients (% of daily need)

Calories: 1430.84kcal (71.54%), Fat: 40.56g (62.4%), Saturated Fat: 13.01g (81.28%), Carbohydrates: 214.13g (71.38%), Net Carbohydrates: 196.5g (71.45%), Sugar: 25.4g (28.23%), Cholesterol: 55.99mg (18.66%), Sodium: 988.53mg (42.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.81g (105.62%), Selenium: 184.12µg (263.03%), Vitamin A: 11923.5IU (238.47%), Manganese: 2.63mg (131.43%), Copper: 1.79mg (89.72%), Phosphorus: 896.32mg (89.63%), Fiber: 17.63g (70.53%), Vitamin B3: 11.78mg (58.89%), Vitamin B5: 5.77mg (57.73%), Potassium: 1930.98mg (55.17%), Calcium: 498.78mg (49.88%), Zinc: 7.3mg (48.65%), Vitamin B6: 0.89mg (44.67%), Vitamin B2: 0.73mg (42.82%), Magnesium: 170.06mg (42.52%), Folate: 128.15µg (32.04%), Iron: 5.12mg (28.47%), Vitamin B1: 0.42mg (28.2%), Vitamin B12: 1.67µg (27.88%), Vitamin E: 3.37mg (22.47%), Vitamin C: 17.6mg (21.33%), Vitamin K: 21.4µg (20.38%), Vitamin D: 1.18µg (7.84%)