



Rigatoni with Red Peppers

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup basil coarsely chopped
- 3 large bell peppers--cored red seeded cut into 2-inch pieces
- 6 servings pepper black freshly ground
- 4 large garlic cloves smashed
- 2 tablespoons olive oil extra-virgin
- 6 servings parmesan cheese freshly grated
- 0.8 pound rigatoni
- 6 servings salt
- 2 tablespoons butter unsalted

0.7 cup warm water

Equipment

bowl

pot

Directions

Bring a large pot of salted water to a boil.

Add the rigatoni and cook, stirring often, until barely al dente, about 10 minutes.

Drain the pasta, reserving 1 1/4 cups of the cooking water.

Meanwhile, in a large enameled cast-iron casserole, melt the butter in the oil.

Add the garlic and peppers, cover and cook over moderately high heat until fragrant, about 2 minutes.

Add the warm water and a pinch of salt, cover and simmer over low heat until the peppers are tender, about 10 minutes.

Add the rigatoni and the reserved pasta cooking water to the peppers. Cover and cook over moderately low heat, stirring a few times, until the rigatoni is al dente and the sauce has thickened slightly, about 5 minutes longer. Discard the garlic. Stir in the basil and season with salt and pepper.

Transfer to a large bowl and serve at once, passing the Parmesan cheese at the table.

Nutrition Facts



PROTEIN 15.83% **FAT 36.91%** **CARBS 47.26%**

Properties

Glycemic Index:34.33, Glycemic Load:18.27, Inflammation Score:-10, Nutrition Score:22.156087077182%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 436.61kcal (21.83%), Fat: 17.99g (27.67%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 48.16g (17.51%), Sugar: 5.01g (5.57%), Cholesterol: 36.13mg (12.04%), Sodium: 727.87mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.71%), Vitamin C: 106.12mg (128.64%), Selenium: 46.76µg (66.8%), Vitamin A: 3102.52IU (62.05%), Manganese: 0.72mg (35.93%), Phosphorus: 324.7mg (32.47%), Calcium: 294.3mg (29.43%), Vitamin K: 20.37µg (19.4%), Vitamin B6: 0.37mg (18.67%), Zinc: 2.36mg (15.73%), Vitamin E: 2.32mg (15.45%), Fiber: 3.65g (14.61%), Magnesium: 53.34mg (13.34%), Folate: 51.98µg (13%), Vitamin B2: 0.21mg (12.56%), Potassium: 374.06mg (10.69%), Copper: 0.21mg (10.69%), Vitamin B3: 1.83mg (9.17%), Iron: 1.39mg (7.73%), Vitamin B1: 0.11mg (7.25%), Vitamin B12: 0.41µg (6.88%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.22µg (1.47%)