



Rigatoni with Red Peppers, Wild Mushrooms, and Fontina

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces fontina divided grated
- ☐ 3 teaspoons marjoram divided
- ☐ 1 pound chanterelles wild assorted stemmed cut into 1/3-inch-thick slices (10 cups) (such as small portobello, oyster, chanterelle, and shiitake)
- ☐ 2 tablespoons olive oil
- ☐ 2 large bell pepper red cut lengthwise into 1/3-inch-thick strips (4 cups)
- ☐ 6 cups onion red halved lengthwise
- ☐ 1 pound rigatoni

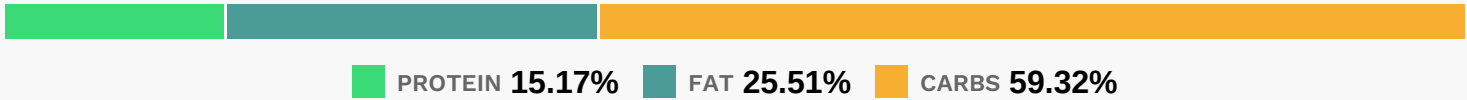
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over high heat.
- ☐ Add onions and cook until soft and beginning to brown, stirring frequently, about 8 minutes. Reduce heat to medium-high.
- ☐ Add mushrooms and sauté until wilted, about 3 minutes.
- ☐ Add peppers and sauté until just soft, about 5 minutes longer.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Add reserved pasta cooking liquid and 2 teaspoons marjoram to skillet and stir, scraping up browned bits.
- ☐ Add drained pasta to sauce and toss to coat.
- ☐ Add 1 cup cheese; stir until melted.
- ☐ Transfer pasta to large bowl; sprinkle with remaining 1/2 cup cheese and 1 teaspoon marjoram.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:26.8, Inflammation Score:-9, Nutrition Score:28.720869541168%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.61mg, Quercetin: 32.61mg, Quercetin: 32.61mg, Quercetin: 32.61mg

Nutrients (% of daily need)

Calories: 539.08kcal (26.95%), Fat: 15.35g (23.62%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 80.35g (26.78%), Net Carbohydrates: 71.17g (25.88%), Sugar: 12.42g (13.8%), Cholesterol: 32.89mg (10.96%), Sodium: 246.85mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.1%), Vitamin C: 81.84mg (99.2%), Selenium: 54.41µg (77.73%), Manganese: 1.18mg (59.19%), Vitamin A: 1977.68IU (39.55%), Fiber: 9.18g (36.72%), Phosphorus: 344.83mg (34.48%), Copper: 0.56mg (28.23%), Vitamin D: 4.18µg (27.85%), Potassium: 919.01mg (26.26%), Vitamin B6: 0.52mg (25.79%), Vitamin B3: 5.14mg (25.69%), Iron: 4.31mg (23.94%), Calcium: 224.81mg (22.48%), Vitamin B2: 0.36mg (20.91%), Zinc: 3.01mg (20.04%), Magnesium: 76.6mg (19.15%), Folate: 72.5µg (18.13%), Vitamin B5: 1.63mg (16.3%), Vitamin B1: 0.19mg (12.57%), Vitamin E: 1.73mg (11.52%), Vitamin B12: 0.48µg (7.94%), Vitamin K: 7.25µg (6.91%)