



## Rigatoni with Sausage and Tomato Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups canned tomatoes thick canned crushed (from a 15-ounce can)
- 0.3 cup cooking wine dry white
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 1.5 pounds sausage italian hot
- 1 cup cup heavy whipping cream light
- 1 tablespoon olive oil

- 1 onion chopped
- 4 servings parmesan grated for serving
- 1 pound rigatoni
- 0.5 teaspoon salt

## Equipment

- frying pan
- pot
- slotted spoon

## Directions

- In a large frying pan, heat the oil over moderate heat.
- Add the sausage and cook, breaking up the meat with a fork, until it is no longer pink, about 5 minutes. With a slotted spoon, remove the sausage from the pan. Discard all but 1 tablespoon fat.
- Reduce the heat to moderately low.
- Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the wine and cook until it almost evaporates, about 5 minutes. Stir in the sausage, tomatoes, and salt. Simmer, covered, for 10 minutes.
- Add the pepper, parsley, and cream.
- In a large pot of boiling, salted water, cook the rigatoni until just done, about 14 minutes.
- Drain the pasta and toss with the sauce.
- Serve with grated Parmesan.
- Wine Recommendation: A Chianti Classico Riserva is the wine of choice with this dish. Look for a wine with a few years of age; it will be mellower and will complement the sauce better than a younger wine could.

## Nutrition Facts



## Properties

Glycemic Index:67.75, Glycemic Load:37.39, Inflammation Score:-8, Nutrition Score:39.119130455929%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 1394.02kcal (69.7%), Fat: 85.05g (130.85%), Saturated Fat: 36.5g (228.14%), Carbohydrates: 99.36g (33.12%), Net Carbohydrates: 93.31g (33.93%), Sugar: 8.74g (9.71%), Cholesterol: 216mg (72%), Sodium: 2166.31mg (94.19%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 53.13g (106.27%), Selenium: 121.94µg (174.2%), Vitamin B1: 1.18mg (78.93%), Phosphorus: 747.14mg (74.71%), Manganese: 1.45mg (72.32%), Vitamin K: 71.29µg (67.9%), Calcium: 500.41mg (50.04%), Vitamin B6: 0.93mg (46.32%), Vitamin B3: 8.79mg (43.96%), Zinc: 6mg (40.03%), Vitamin B2: 0.59mg (34.84%), Vitamin B12: 2.03µg (33.79%), Copper: 0.67mg (33.55%), Potassium: 1122.24mg (32.06%), Magnesium: 127.07mg (31.77%), Iron: 5.35mg (29.74%), Vitamin A: 1352.7IU (27.05%), Fiber: 6.05g (24.22%), Vitamin C: 19.83mg (24.04%), Vitamin B5: 1.97mg (19.74%), Vitamin E: 2.39mg (15.95%), Folate: 61.54µg (15.39%), Vitamin D: 0.51µg (3.39%)