



Rigatoni with Shrimp in Tomato and Feta Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



660 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons olive oil
- ☐ 1 pound rigatoni dried
- ☐ 0.8 teaspoon salt
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 2 tablespoons parsley fresh finely chopped (preferably flat-leafed)
- ☐ 0.5 pound feta cheese crumbled
- ☐ 42 ounce plum tomatoes chopped canned

- ☐ 0.5 teaspoon basil dried crumbled
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup wine dry white
- ☐ 1.5 pounds shrimp shelled deveined rinsed (34)

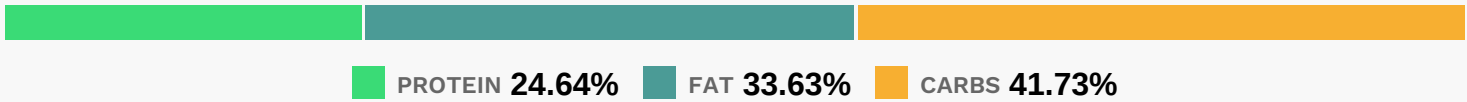
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ In a kettle cook the onion and the garlic in the oil over moderately low heat, stirring occasionally, until they are softened, add the wine, and boil the mixture for 1 minute. Stir in the tomatoes with the juice, 1 tablespoon of the parsley, the basil, the oregano, the salt, and the red pepper flakes and boil the mixture, stirring occasionally, for 5 minutes, or until it is thickened.
- ☐ Add the shrimp and cook the mixture over moderate heat, stirring, for 4 to 5 minutes, or until the shrimp are just firm.
- ☐ In a large kettle of boiling salted water cook the rigatoni until it is just al dente, drain it well, and stir it into the shrimp mixture. Stir in 5 ounces of the Feta and salt and pepper to taste, transfer the mixture to a lightly oiled 4-quart shallow glass baking dish, and sprinkle the top with the remaining 1 tablespoon parsley and the remaining 2 ounces Feta.
- ☐ Bake the pasta in the middle of a preheated 450°F. oven for 20 minutes, or until the Feta is bubbling and the top is slightly crusty.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:25.53, Inflammation Score:-9, Nutrition Score:27.506521795107%

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: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 660.1kcal (33.01%), Fat: 24.28g (37.35%), Saturated Fat: 7.35g (45.94%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 62.62g (22.77%), Sugar: 8.02g (8.91%), Cholesterol: 216.21mg (72.07%), Sodium: 873.75mg (37.99%), Alcohol: 2.06g (100%), Alcohol %: 0.55% (100%), Protein: 40.03g (80.06%), Selenium: 53.62µg (76.6%), Phosphorus: 570.04mg (57%), Manganese: 1.04mg (51.79%), Vitamin K: 49.33µg (46.99%), Copper: 0.8mg (40.18%), Vitamin A: 1928.66IU (38.57%), Vitamin C: 30.11mg (36.49%), Calcium: 307.11mg (30.71%), Potassium: 1009.26mg (28.84%), Magnesium: 113.94mg (28.49%), Zinc: 4.09mg (27.26%), Vitamin B2: 0.41mg (24.26%), Vitamin B6: 0.46mg (23.13%), Vitamin E: 3.29mg (21.94%), Fiber: 5.18g (20.74%), Iron: 2.74mg (15.25%), Folate: 60.9µg (15.22%), Vitamin B3: 2.91mg (14.54%), Vitamin B1: 0.21mg (13.95%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 0.9mg (9.04%), Vitamin D: 0.15µg (1.01%)