



## Rigatoni with Sirloin and Gorgonzola Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



831 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 cup chicken broth low-sodium homemade canned
- 2 tablespoons cooking oil
- 2 tablespoons parsley fresh chopped
- 3 ounces gorgonzola blue
- 0.8 teaspoon fresh-ground pepper black
- 0.5 cup heavy cream
- 0.5 pound portabello mushrooms sliced cut in half and then crosswise
- 0.8 pound rigatoni
- 1.5 teaspoons salt

- 1 shallots green minced
- 1 pound rump steak cut into 1-inch cubes
- 0.3 teaspoon worcestershire sauce

## Equipment

- frying pan
- pot

## Directions

- In a large frying pan, heat 1 tablespoon of the oil over moderate heat. Season the steak with 1/4 teaspoon each of the salt and pepper and add it to the pan. Brown on all sides, about 4 minutes, and remove. The meat should be medium rare.
- Add the remaining 1 tablespoon oil to the hot pan, along with the mushrooms and 1/4 teaspoon of the salt. Cook for about 2 minutes.
- Remove the mushrooms from the pan and add to the steak.
- Add the shallot, broth, and Worcestershire sauce to the hot pan. Cook, stirring, to dislodge any browned bits that cling to the bottom of the pan. Simmer until the liquid is reduced to about 1/3 cup, approximately 5 minutes.
- Add the cheese and the cream to the pan along with the steak and mushrooms and any accumulated juices, the remaining 1 teaspoon salt and 1/2 teaspoon pepper, and the parsley. Simmer to heat through, about 1 minute.
- Meanwhile, in a large pot of boiling, salted water, cook the rigatoni until just done, about 14 minutes.
- Drain the pasta and toss it with the sauce.
- Wine Recommendation: Gorgonzola is salty, sharp, and assertive, which makes it tough to pair with wine. Your best bet is a straightforward red with fine acidity, such as a barbera from the Piedmont region of Italy or a Beaujolais–Villages from France.

## Nutrition Facts

 PROTEIN 20.46%  FAT 46.15%  CARBS 33.39%

## Properties

Glycemic Index:40.75, Glycemic Load:25.98, Inflammation Score:-7, Nutrition Score:28.48521717735%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 831.36kcal (41.57%), Fat: 42.43g (65.28%), Saturated Fat: 18.51g (115.67%), Carbohydrates: 69.06g (23.02%), Net Carbohydrates: 65.24g (23.72%), Sugar: 5.27g (5.86%), Cholesterol: 113.07mg (37.69%), Sodium: 1216.14mg (52.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.32g (84.63%), Selenium: 87.08µg (124.4%), Vitamin B12: 3.53µg (58.87%), Phosphorus: 537.83mg (53.78%), Manganese: 0.91mg (45.37%), Vitamin B3: 9mg (44.99%), Zinc: 5.95mg (39.69%), Vitamin K: 40.01µg (38.1%), Vitamin B6: 0.71mg (35.51%), Vitamin B2: 0.48mg (28.45%), Copper: 0.55mg (27.34%), Potassium: 907.31mg (25.92%), Iron: 4.01mg (22.29%), Magnesium: 78.2mg (19.55%), Vitamin B5: 1.84mg (18.39%), Calcium: 167.71mg (16.77%), Vitamin B1: 0.24mg (16.11%), Vitamin A: 770.63IU (15.41%), Fiber: 3.82g (15.28%), Folate: 52.09µg (13.02%), Vitamin E: 1.68mg (11.19%), Vitamin D: 0.75µg (5.02%), Vitamin C: 3.39mg (4.11%)