



Rigatoni with Spicy Sausage-Tomato Sauce, Arugula, and Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



795 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arugula fresh packed stemmed ()
- ☐ 28 ounce canned tomatoes with added puree crushed canned
- ☐ 0.5 cup wine dry red
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 3 garlic clove chopped
- ☐ 2 pounds ground sausage fresh italian hot
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 8 ounces rigatoni

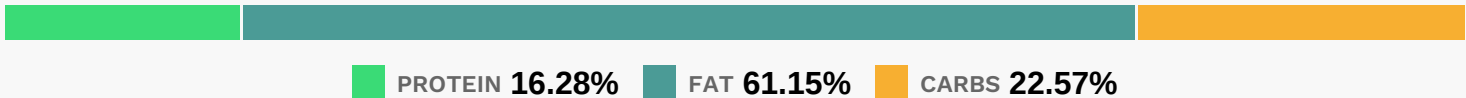
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add onion; sauté until translucent, about 4 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add sausage; cook until browned, breaking up with back of spoon, about 5 minutes.
- ☐ Drain drippings from pot.
- ☐ Add wine, diced tomatoes with juice, and crushed tomatoes; increase heat and bring to boil. Reduce heat to low and simmer 30 minutes to blend flavors, stirring occasionally. DO AHEAD: Can be made 1 day ahead. Cool slightly. Refrigerate uncovered until cool, then cover and keep chilled. Rewarm over medium heat before continuing.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain.
- ☐ Stir pasta, arugula, basil, and oregano into tomato sauce. Simmer until arugula wilts, stirring often, about 2 minutes. Season with salt and pepper.
- ☐ Transfer to large bowl.
- ☐ Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:15.06, Inflammation Score:-9, Nutrition Score:27.594347550817%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 794.59kcal (39.73%), Fat: 53.1g (81.7%), Saturated Fat: 18.84g (117.77%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 39.44g (14.34%), Sugar: 8.09g (8.99%), Cholesterol: 122.16mg (40.72%), Sodium: 1431.38mg (62.23%), Alcohol: 2.1g (100%), Alcohol %: 0.69% (100%), Protein: 31.81g (63.61%), Selenium: 65.5µg (93.57%), Vitamin B1: 1.01mg (67.59%), Manganese: 0.83mg (41.34%), Phosphorus: 396.67mg (39.67%), Vitamin B6: 0.78mg (38.89%), Vitamin B3: 7.3mg (36.48%), Vitamin K: 29.47µg (28.07%), Zinc: 4.09mg (27.25%), Potassium: 953.33mg (27.24%), Iron: 4.59mg (25.51%), Copper: 0.51mg (25.4%), Vitamin B12: 1.49µg (24.81%), Vitamin B2: 0.39mg (23.19%), Vitamin C: 18.89mg (22.9%), Magnesium: 80.12mg (20.03%), Calcium: 189.8mg (18.98%), Fiber: 4.67g (18.69%), Vitamin E: 2.28mg (15.18%), Vitamin B5: 1.41mg (14.1%), Folate: 51.2µg (12.8%), Vitamin A: 635.03IU (12.7%)