



Rigatoni with Spinach and Blue Cheese

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 8 cups rigatoni hot tube-shaped cooked uncooked (16 ounces pasta)
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 6 cups spinach leaves fresh chopped

☐ 1.3 cups tomatoes seeded chopped

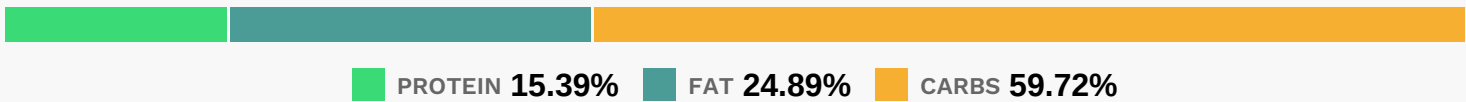
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, and cook 20 minutes or until golden brown, stirring frequently.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add spinach, tomato, and broth; cook 3 minutes, stirring occasionally.
- ☐ Combine spinach mixture, pasta, cheese, and pine nuts in a large bowl; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:23.91, Inflammation Score:-10, Nutrition Score:24.545652280683%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 374.85kcal (18.74%), Fat: 10.45g (16.08%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 51.59g (18.76%), Sugar: 3.47g (3.85%), Cholesterol: 8.5mg (2.83%), Sodium: 256.8mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Vitamin K: 181.55µg (172.9%), Manganese: 1.55mg (77.61%), Vitamin A: 3795.88IU (75.92%), Selenium: 45.25µg (64.65%), Folate: 98.24µg (24.56%), Vitamin C: 18.14mg (21.99%), Phosphorus: 215.8mg (21.58%), Magnesium: 84.39mg (21.1%), Iron: 3.67mg (20.37%), Fiber: 4.86g (19.43%), Copper: 0.34mg (17.24%), Potassium: 486.26mg (13.89%), Vitamin B6: 0.27mg (13.36%), Zinc: 1.88mg (12.56%), Calcium: 122.55mg (12.25%), Vitamin E: 1.82mg (12.14%), Vitamin B2: 0.18mg (10.6%), Vitamin B3: 1.72mg (8.6%), Vitamin B1: 0.12mg (8%), Vitamin B5: 0.53mg (5.26%), Vitamin B12: 0.18µg (3.06%)