

food
network

 100%
HEALTH SCORE

Rigatoni with Tuscan-Style Cauliflower and Pecorino

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons pepper black freshly ground
- ☐ 1 head cauliflower
- ☐ 0.5 tablespoon pepper red crushed
- ☐ 6 mint leaves
- ☐ 1 bunch parsley italian finely chopped
- ☐ 0.5 cup pecorino cheese grated
- ☐ 1 medium onion red thinly sliced

- ☐ 1 pound rigatoni pasta italian
- ☐ 4 tablespoons virgin olive oil

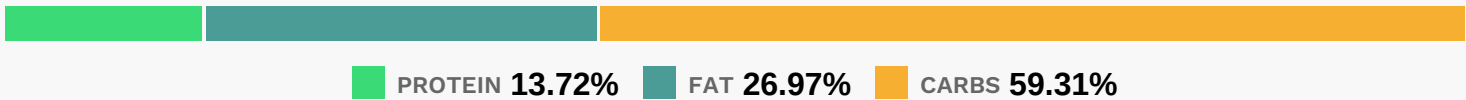
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Bring 6 quarts water to boil in a large spaghetti pot and add 2 tablespoons salt.
- ☐ In a 14- to 18-inch saute pan, heat oil until just smoking and add onion, mint and red pepper. Cook until soft, about 5 to 6 minutes.
- ☐ Meanwhile, remove leaves and base core from cauliflower and chop into 1/4-inch pieces. Break the florets away from the central core and size them similarly.
- ☐ Cut the core into 1/4-inch coins and throw all the pieces into the saute pan with the onions. Lower the heat to medium and cook, stirring regularly for about 12 to 15 minutes, until cauliflower is softened and light brown but not mushy.
- ☐ Cook the rigatoni according to package instructions until al dente, about 8 to 12 minutes, and drain in colander. Toss hot pasta into pan with cauliflower and add grated cheese, black pepper and parsley. Toss to coat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:36.6, Inflammation Score:-9, Nutrition Score:33.517825910579%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 30.84mg, Apigenin: 30.84mg, Apigenin: 30.84mg, Apigenin: 30.84mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg

Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 656.31kcal (32.82%), Fat: 19.88g (30.58%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 98.38g (32.79%), Net Carbohydrates: 89.71g (32.62%), Sugar: 7.24g (8.05%), Cholesterol: 13mg (4.33%), Sodium: 226.75mg (9.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Vitamin K: 270.88µg (257.98%), Vitamin C: 90.76mg (110.01%), Selenium: 74.85µg (106.92%), Manganese: 1.74mg (87.03%), Phosphorus: 397.65mg (39.76%), Fiber: 8.67g (34.67%), Folate: 132.61µg (33.15%), Vitamin A: 1629.48IU (32.59%), Magnesium: 104.48mg (26.12%), Vitamin B6: 0.51mg (25.68%), Potassium: 880.58mg (25.16%), Copper: 0.47mg (23.72%), Calcium: 234.8mg (23.48%), Iron: 3.73mg (20.75%), Vitamin E: 2.81mg (18.73%), Zinc: 2.6mg (17.36%), Vitamin B5: 1.65mg (16.47%), Vitamin B3: 3.06mg (15.3%), Vitamin B2: 0.24mg (14.16%), Vitamin B1: 0.21mg (14.03%), Vitamin B12: 0.14µg (2.33%)