



WHATSheATE



## Seven-Layer Rigatoni

READY IN



65 min.

SERVINGS



8

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 9 ounces rigatoni uncooked
- ☐ 1 lb ground sausage italian
- ☐ 28 ounces canned tomatoes crushed undrained canned
- ☐ 3 cloves garlic finely chopped
- ☐ 3 tablespoons basil dried fresh chopped
- ☐ 8 ounces mushrooms fresh sliced (3 cups)
- ☐ 7 ounces roasted peppers red drained chopped
- ☐ 1 cup parmesan shredded
- ☐ 10 ounces mozzarella cheese shredded

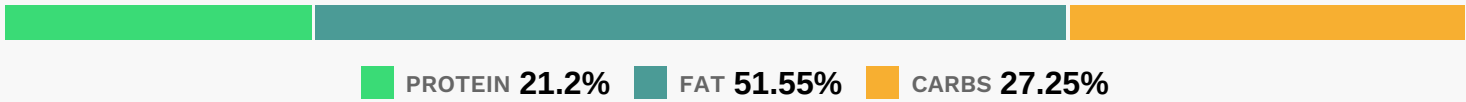
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat oven to 375°F. Spray rectangular baking dish 13x9x2-inches, with cooking spray. Cook and drain pasta as directed on package.
- ☐ While pasta is cooking, cook sausage in 10-inch skillet over medium heat 5 to 7 minutes, stirring occasionally, until no longer pink; drain.
- ☐ Mix tomatoes, garlic and basil.
- ☐ Layer half each of the pasta, sausage, mushrooms, bell peppers, Parmesan cheese, tomato mixture and mozzarella cheese; repeat layers.
- ☐ Bake uncovered 35 to 40 minutes or until hot and cheese is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:12.34, Inflammation Score:-7, Nutrition Score:24.028260573097%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 517.44kcal (25.87%), Fat: 29.91g (46.01%), Saturated Fat: 13.29g (83.05%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 31.5g (11.45%), Sugar: 6.28g (6.98%), Cholesterol: 79.59mg (26.53%), Sodium: 1312.14mg (57.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.36%), Selenium: 46.57µg (66.52%), Calcium: 424.25mg (42.43%), Phosphorus: 419.91mg (41.99%), Manganese: 0.74mg (36.94%), Vitamin B1: 0.47mg (31.55%), Vitamin K: 32.05µg (30.53%), Vitamin C: 22.76mg (27.58%), Vitamin B2: 0.45mg (26.38%), Vitamin B6: 0.5mg (24.82%), Vitamin B12: 1.49µg (24.75%), Vitamin B3: 4.91mg (24.55%), Copper: 0.48mg (24.21%), Iron: 4.34mg (24.1%), Zinc: 3.42mg (22.82%), Potassium: 714.06mg (20.4%), Magnesium: 73.5mg (18.37%), Fiber:

4.08g (16.3%), Vitamin A: 690.76IU (13.82%), Vitamin B5: 1.26mg (12.62%), Vitamin E: 1.53mg (10.23%), Folate: 40µg (10%), Vitamin D: 0.26µg (1.74%)