



Seven-Layer Rigatoni

READY IN



65 min.

SERVINGS



8

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

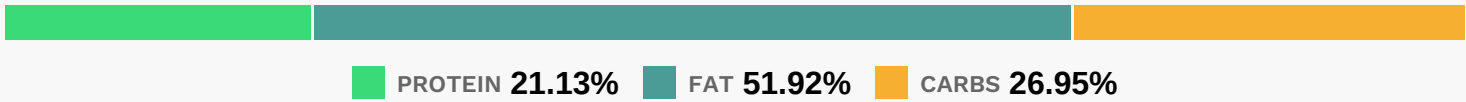
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F. 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:-6, Nutrition Score:21.567826115567%

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: 513.94kcal (25.7%), Fat: 29.85g (45.92%), Saturated Fat: 13.26g (82.85%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 31.35g (11.4%), Sugar: 6.25g (6.95%), Cholesterol: 79.59mg (26.53%), Sodium: 1311mg (57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.67%), Selenium: 46.52µg (66.46%), Phosphorus: 415.8mg (41.58%), Calcium: 390.65mg (39.07%), Vitamin B1: 0.47mg (31.47%), Manganese: 0.59mg (29.59%), Vitamin C: 22.74mg (27.57%), Vitamin B2: 0.43mg (25.32%), Vitamin B12: 1.49µg (24.75%), Vitamin B3: 4.84mg (24.18%), Vitamin B6: 0.48mg (23.81%), Copper: 0.45mg (22.64%), Zinc: 3.32mg (22.11%), Potassium: 674.61mg (19.27%), Iron: 2.99mg (16.62%), Magnesium: 62.83mg (15.71%), Fiber: 3.51g (14.04%), Vitamin A: 679.6IU (13.59%),

Vitamin B5: 1.25mg (12.5%), Vitamin E: 1.37mg (9.16%), Folate: 35.35µg (8.84%), Vitamin K: 6.34µg (6.04%), Vitamin D: 0.26µg (1.74%)