



HEALTH SCORE

59%

Three Mushroom Rigatoni



Vegetarian



Very Healthy

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**888 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 28 ounce canned tomatoes such as san marzano crushed canned
- ☐ 4 servings top for mopping
- ☐ 1.5 ounces porcini mushrooms dried
- ☐ 4 cloves garlic sliced
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 4 servings hunk pecorino romano for grating
- ☐ 4 portobello mushroom caps

- ☐ 1 pound rigatoni pasta
- ☐ 2 to 3 stems rosemary finely chopped
- ☐ 4 servings salt
- ☐ 0.5 pound mushroom caps stemmed sliced
- ☐ 0.5 cup red wine dry italian

Equipment

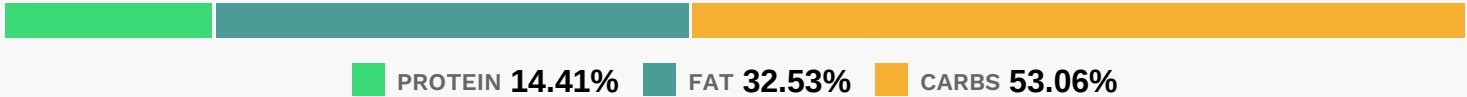
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ grill
- ☐ stove
- ☐ slotted spoon
- ☐ grill pan
- ☐ pastry brush

Directions

- ☐ Heat a grill pan to high.
- ☐ Place a large pot of water on the stove to boil.
- ☐ Add salt and cook rigatoni to al dente.
- ☐ Place porcini in a small pot with about 2 cups of water. Bring to a boil, drop to simmer, and reduce liquid by half, 10 minutes.
- ☐ While pasta and porcini are working, pour about 1/4 cup extra-virgin olive oil into a small bowl. Use a pastry brush to coat the portobellos in extra-virgin olive oil and place them on hot grill. Cook until dark and tender, 7 to 8 minutes, turning once.
- ☐ Remove and let rest.
- ☐ Heat a large deep skillet with 2 tablespoons extra-virgin olive oil, 2 turns of the pan, over medium-high heat.
- ☐ Add shiitakes and cook a few minutes then add garlic and cook a couple minutes longer.

- ☐ Add wine and reduce a minute. Halve and slice portobellos then add to shiitakes. Scatter the rosemary into the pan and turn to distribute the herb. Season the mushrooms with salt and pepper. Stir in tomatoes.
- ☐ Remove the porcini from steeping broth with a slotted spoon and chop. Stir mushrooms into sauce then add a few ladles of the steeping broth. Do not use the very last of it: any grit in the dried mushrooms will have settled to the bottom of the pot.
- ☐ Let flavors combine for a couple of minutes more.
- ☐ Drain pasta and add to warm pot. Grate some Romano down over the pasta and add a few ladles of the sauce to the pasta. Toss the pasta and sauce to coat, then transfer to a serving platter or into individual bowls and top with remaining sauce. Pass more cheese at table for topping, and bread for mopping. Yum-o!

Nutrition Facts



Properties

Glycemic Index:87.88, Glycemic Load:39.88, Inflammation Score:-8, Nutrition Score:40.001739087312%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 887.68kcal (44.38%), Fat: 32.08g (49.35%), Saturated Fat: 8.51g (53.21%), Carbohydrates: 117.73g (39.24%), Net Carbohydrates: 106.47g (38.72%), Sugar: 15.74g (17.49%), Cholesterol: 31.2mg (10.4%), Sodium: 843.58mg (36.68%), Alcohol: 3.15g (100%), Alcohol %: 0.73% (100%), Protein: 31.98g (63.95%), Selenium: 101.68µg (145.26%), Manganese: 1.79mg (89.6%), Copper: 1.58mg (79.1%), Phosphorus: 697.14mg (69.71%), Vitamin B3: 11.92mg (59.59%), Vitamin B5: 5.32mg (53.24%), Vitamin B6: 0.92mg (45.83%), Fiber: 11.26g (45.05%), Potassium: 1516.59mg (43.33%), Calcium: 422.67mg (42.27%), Vitamin B2: 0.66mg (38.67%), Vitamin E: 5.72mg (38.14%), Magnesium: 138.82mg (34.7%), Zinc: 4.8mg (32.01%), Iron: 5.19mg (28.86%), Folate: 98.02µg (24.5%), Vitamin B1:

0.37mg (24.36%), Vitamin C: 19.6mg (23.75%), Vitamin K: 24.15µg (23%), Vitamin A: 553.54IU (11.07%), Vitamin D: 1.04µg (6.96%), Vitamin B12: 0.38µg (6.3%)