



Andrea's Pasta Fagioli

READY IN



100 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce .5 can cannellini beans canned
- ☐ 15 ounce navy beans canned
- ☐ 29 ounce tomato sauce canned
- ☐ 1 pound ditalini pasta
- ☐ 1.5 teaspoons basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 1 onion halved quartered

- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 5.5 cups water

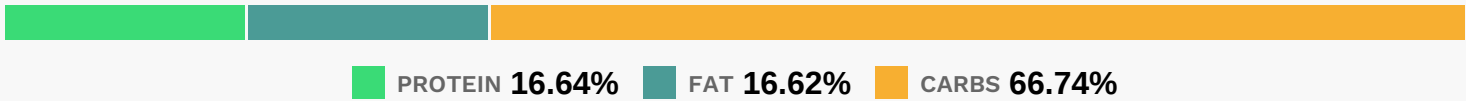
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium heat, cook onion in olive oil until translucent. Stir in garlic and cook until tender. Reduce heat, and stir in tomato sauce, water, parsley, basil, oregano, salt, cannellini beans, navy beans and Parmesan. Simmer 1 hour.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Stir into soup.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:20.254782659204%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 428.41kcal (21.42%), Fat: 8.02g (12.34%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 72.46g (24.15%), Net Carbohydrates: 63.29g (23.02%), Sugar: 6.11g (6.78%), Cholesterol: 3.63mg (1.21%), Sodium: 1105.19mg (48.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.13%), Selenium: 42.08µg (60.11%), Manganese: 1.2mg (59.96%), Fiber: 9.16g (36.66%), Phosphorus: 288.22mg (28.82%), Copper: 0.56mg (27.99%), Iron: 4.75mg (26.39%), Magnesium: 105.56mg (26.39%), Potassium: 873.29mg (24.95%), Folate: 91.77µg (22.94%), Vitamin E: 3.27mg (21.79%), Vitamin K: 18.26µg (17.39%), Vitamin B6: 0.31mg (15.68%), Zinc: 2.3mg (15.31%), Calcium:

149.58mg (14.96%), Vitamin B1: 0.21mg (14.13%), Vitamin B3: 2.38mg (11.89%), Vitamin C: 9.14mg (11.08%), Vitamin B2: 0.18mg (10.52%), Vitamin A: 493.99IU (9.88%), Vitamin B5: 0.79mg (7.94%)