

 **42%**
HEALTH SCORE

Babganoush-Hummus Pasta (Vegan)

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

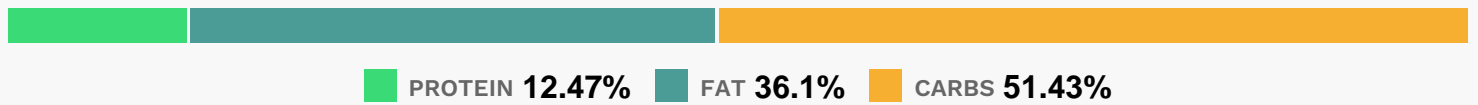
Ingredients

- 15 ounce garbanzo beans drained canned
- 1 medium eggplant peeled chopped
- 0.3 cup olive oil extra virgin
- 0.5 cup parsley fresh or any parsley) coarsely chopped
- 4 cloves garlic chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 6 servings pepper fresh black

- 1 lemon zest
- 0.3 cup pinenuts toasted
- 1 teaspoon pepper red crushed to taste ()
- 3 tablespoons tahini
- 1 cup vegetable stock
- 1 lb penne pasta whole wheat or any pasta)

Equipment

Nutrition Facts



Properties

Glycemic Index:35.72, Glycemic Load:3.74, Inflammation Score:-7, Nutrition Score:17.797391304348%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 506.41kcal (25.32%), Fat: 20.47g (31.49%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 65.62g (21.87%), Net Carbohydrates: 53.58g (19.48%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 367.5mg (15.98%), Protein: 15.9g (31.81%), Vitamin K: 93.69µg (89.23%), Manganese: 1.33mg (66.46%), Fiber: 12.04g (48.16%), Vitamin B6: 0.46mg (22.78%), Copper: 0.39mg (19.52%), Phosphorus: 176.88mg (17.69%), Vitamin E: 2.23mg (14.87%), Magnesium: 57.2mg (14.3%), Vitamin B1: 0.2mg (13.66%), Iron: 2.44mg (13.53%), Vitamin C: 10.77mg (13.06%), Folate: 51.71µg (12.93%), Vitamin A: 643.76IU (12.88%), Potassium: 400.29mg (11.44%), Zinc: 1.45mg (9.65%), Vitamin B3: 1.4mg (7.02%), Selenium: 4.74µg (6.77%), Calcium: 62.11mg (6.21%), Vitamin B5: 0.48mg (4.83%), Vitamin B2: 0.07mg (4.35%)