



Beany pasta pot

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion finely chopped
- ☐ 1 large apples cored chopped
- ☐ 410 g canned tomatoes with garlic and herbs chopped canned tinned
- ☐ 300 ml passata
- ☐ 290 g roman beans drained and rinsed canned tinned
- ☐ 3 tbsp pesto rosso red
- ☐ 300 g noodles leftover cooked

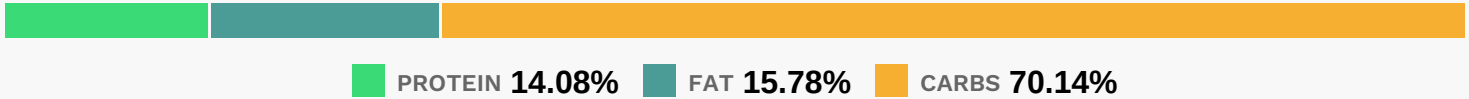
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a pan and gently fry the onion for 3 mins. Stir in the apple and cook for 2–3 mins until both have softened. Stir in tomatoes, passata and beans.
- ☐ Bring to the boil, then simmer gently for 10 mins. Stir in the pesto and pasta, mixing well until the pasta is heated through.
- ☐ Serve in bowls with crusty bread.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:15.27, Inflammation Score:-8, Nutrition Score:18.857391523278%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg

Nutrients (% of daily need)

Calories: 330.63kcal (16.53%), Fat: 6.06g (9.32%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 49.05g (17.84%), Sugar: 16.62g (18.47%), Cholesterol: 0.9mg (0.3%), Sodium: 503.99mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.33%), Fiber: 11.54g (46.15%), Manganese: 0.76mg (38.15%), Selenium: 23.35µg (33.36%), Copper: 0.62mg (30.94%), Vitamin E: 4.43mg (29.54%), Vitamin C: 23.44mg (28.41%), Iron: 5.08mg (28.23%), Potassium: 969.54mg (27.7%), Folate: 90.02µg (22.5%), Magnesium:

80.97mg (20.24%), Vitamin B6: 0.39mg (19.3%), Phosphorus: 184.46mg (18.45%), Vitamin B3: 3.16mg (15.81%),
Vitamin A: 727.78IU (14.56%), Zinc: 1.62mg (10.82%), Vitamin B1: 0.16mg (10.81%), Vitamin B2: 0.18mg (10.7%),
Calcium: 99.58mg (9.96%), Vitamin K: 9.65µg (9.19%), Vitamin B5: 0.89mg (8.9%)