



HEALTH SCORE

100%

Cavatappi with Kale and Fava Beans



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 19 ounce kidney beans drained canned
- ☐ 6 cups pasta hot spiral-shaped cooked uncooked 4 cups pasta
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 large garlic cloves minced
- ☐ 1.5 pounds torn kale fresh
- ☐ 1 tablespoon olive oil

- ☐ 3 ounces parmesan cheese fresh finely grated
- ☐ 0.3 teaspoon salt

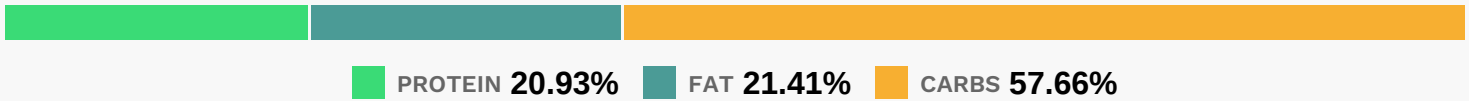
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ corkscrew

Directions

- ☐ Heat olive oil in a large saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add broth, salt, and peppers; cook 2 minutes. Reduce heat to medium-low. Stir in kale, cavatappi, and beans; cook 2 minutes or until heated. Spoon into shallow bowls; top with cheese.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:21.39, Inflammation Score:-10, Nutrition Score:33.63913043556%

Flavonoids

Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 25.63mg, Quercetin: 25.63mg, Quercetin: 25.63mg, Quercetin: 25.63mg

Nutrients (% of daily need)

Calories: 378.22kcal (18.91%), Fat: 9.18g (14.12%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 55.64g (18.55%), Net Carbohydrates: 44.06g (16.02%), Sugar: 3.41g (3.79%), Cholesterol: 9.64mg (3.21%), Sodium: 770.8mg (33.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.38%), Vitamin K: 447.72µg (426.4%), Vitamin A: 11451.89IU (229.04%), Vitamin C: 107.1mg (129.82%), Manganese: 1.43mg (71.26%), Selenium: 37.27µg (53.25%), Calcium: 494.75mg (49.48%), Fiber: 11.58g (46.32%), Phosphorus: 330.7mg (33.07%), Vitamin B2: 0.53mg (31.43%), Iron: 4.66mg (25.89%), Folate: 103.31µg (25.83%), Magnesium: 92.63mg (23.16%), Potassium: 711.55mg (20.33%), Vitamin B1: 0.26mg (17.21%), Vitamin B6: 0.33mg (16.69%), Copper: 0.33mg (16.34%), Zinc: 2.02mg (13.44%),

Vitamin B3: 2.52mg (12.58%), Vitamin E: 1.22mg (8.14%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.25µg (4.1%)