



WHATSheATE



HEALTH SCORE

100%

Cavatappi with Spinach, Beans, and Asiago Cheese



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounces asiago cheese shredded
- ☐ 19 ounce cannellini beans beans white drained canned
- ☐ 4 cups pasta hot spiral-shaped cooked uncooked 6 ounces pasta
- ☐ 2 garlic cloves crushed
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐

8 cups spinach leaves coarsely chopped

Equipment

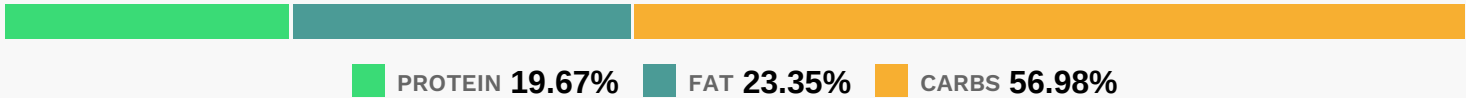
☐

bowl

Directions

- ☐ Combine all ingredients in a large bowl, and toss well.
- ☐ Sprinkle with fresh ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:23.96, Inflammation Score:-10, Nutrition Score:32.439564921286%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 472.96kcal (23.65%), Fat: 12.39g (19.06%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 68.02g (22.67%), Net Carbohydrates: 58.06g (21.11%), Sugar: 1.43g (1.59%), Cholesterol: 9.64mg (3.21%), Sodium: 428.15mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.97%), Vitamin K: 298.39µg (284.18%), Vitamin A: 5737.72IU (114.75%), Manganese: 1.65mg (82.71%), Folate: 213.21µg (53.3%), Selenium: 37.18µg (53.12%), Iron: 7.35mg (40.84%), Fiber: 9.96g (39.85%), Magnesium: 144.06mg (36.01%), Calcium: 337.18mg (33.72%), Phosphorus: 320.96mg (32.1%), Potassium: 1018.67mg (29.1%), Copper: 0.52mg (25.94%), Vitamin E: 3.39mg (22.63%), Vitamin C: 17.33mg (21%), Zinc: 2.83mg (18.9%), Vitamin B6: 0.31mg (15.37%), Vitamin B1: 0.21mg (13.88%), Vitamin B2: 0.24mg (13.86%), Vitamin B3: 1.11mg (5.53%), Vitamin B5: 0.49mg (4.95%), Vitamin B12: 0.17µg (2.83%)