



Cavatappi with White Beans and Golden Onions

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb cavatappi) (corkscrew pasta)
- ☐ 0.5 cup flat-leaf parsley fresh finely chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 16 oz beans such as great northern white drained and rinsed canned
- ☐ 2 teaspoons jalapeño chile fresh finely chopped to taste
- ☐ 3 tablespoons olive oil

- ☐ 2 medium onions halved lengthwise cut lengthwise into thin slices (2 1/2 cups)
- ☐ 1 cup parmigiano-reggiano finely grated
- ☐ 2 large bell peppers red cut lengthwise into 1/8-inch-wide strips (4 cups)
- ☐ 1 teaspoon salt
- ☐ 0.8 cup water

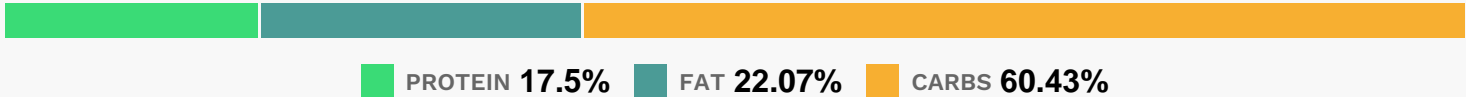
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onions, stirring occasionally, until golden, about 10 minutes.
- ☐ Add garlic and sauté, stirring, 1 minute, then transfer onions to a bowl.
- ☐ Add remaining tablespoon oil to skillet and sauté bell peppers, chile, salt, and pepper, stirring occasionally, until bell peppers are tender, about 8 minutes.
- ☐ Add onions and water and bring to a boil, scraping up brown bits from bottom of skillet, then remove from heat.
- ☐ While peppers are sautéing, cook pasta in a 6- to 8-quart pot of boiling salted water, stirring occasionally, until al dente. Reserve 3/4 cup cooking water, then drain pasta well in a colander and return to pot.
- ☐ Add onion mixture, reserved cooking water, beans, half of cheese, and half of parsley and toss well.
- ☐ Serve sprinkled with remaining cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:24.41, Inflammation Score:-9, Nutrition Score:30.612609057323%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 529.01kcal (26.45%), Fat: 13.04g (20.06%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 80.29g (26.76%), Net Carbohydrates: 70.57g (25.66%), Sugar: 6.12g (6.8%), Cholesterol: 11.33mg (3.78%), Sodium: 668.85mg (29.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Vitamin C: 82.45mg (99.94%), Vitamin K: 89.85µg (85.57%), Selenium: 54.95µg (78.51%), Manganese: 1.23mg (61.32%), Vitamin A: 2282.94IU (45.66%), Phosphorus: 412.36mg (41.24%), Fiber: 9.73g (38.9%), Folate: 132.08µg (33.02%), Calcium: 286.45mg (28.64%), Magnesium: 98.75mg (24.69%), Copper: 0.45mg (22.5%), Vitamin B6: 0.43mg (21.6%), Potassium: 683.49mg (19.53%), Iron: 3.41mg (18.97%), Vitamin B1: 0.25mg (16.43%), Zinc: 2.46mg (16.37%), Vitamin E: 2.1mg (13.98%), Vitamin B3: 2.51mg (12.57%), Vitamin B2: 0.21mg (12.26%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.2µg (3.33%)