

health-score 71%
HEALTH SCORE

Ceci (Chickpeas) Sauce with Penne

 Very Healthy

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

921 kcal

SAUCE

Ingredients

- ☐ 28 ounce chickpeas rinsed drained canned garbanzo beans
- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 1.5 cups chicken stock see
- ☐ 1 holland chile pepper red finely chopped
- ☐ 1 leaf flat parsley finely chopped for serving
- ☐ 1 bay leaf fresh
- ☐ 2 sprigs rosemary fresh leaves picked finely chopped
- ☐ 4 cloves garlic finely chopped

- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 1 onion finely chopped
- ☐ 4 servings pecorino cheese freshly grated for serving
- ☐ 1 pound grain penne whole wheat whole
- ☐ 4 servings salt and pepper black freshly ground

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat 3 tablespoons extra-virgin olive oil in a large skillet or medium Dutch oven, add the onions, garlic, Fresno chile, rosemary, bay leaf, salt, and pepper and cook to soften, 7 to 8 minutes.
- ☐ Meanwhile, add about 2/3 of the chickpeas to a food processor, then quick-pulse into fine bits.
- ☐ Add the finely chopped chickpeas and remaining whole chickpeas to the pan and heat through. Stir in the stock and tomatoes. Break up the whole tomatoes and simmer the sauce to thicken a little. Cool and store for make-ahead meal.
- ☐ Reheat over moderate heat and stir occasionally.
- ☐ Bring water to boil for pasta, salt the water and cook to al dente. Reserve a cup of starchy pasta water just before draining.
- ☐ Drain the pasta and place back in the hot pot and toss with the sauce and as much starchy water as you need to combine.
- ☐ Serve the pasta in shallow bowls topped with a drizzle of extra-virgin olive oil and sprinkle of Pecorino cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:78.33, Glycemic Load:46.9, Inflammation Score:-9, Nutrition Score:40.020435229592%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 920.62kcal (46.03%), Fat: 25.9g (39.85%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 134.84g (44.95%), Net Carbohydrates: 117.96g (42.9%), Sugar: 15.2g (16.88%), Cholesterol: 33.9mg (11.3%), Sodium: 1312.15mg (57.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.34g (80.68%), Manganese: 3.15mg (157.73%), Selenium: 83.78µg (119.69%), Vitamin B6: 1.61mg (80.3%), Phosphorus: 706.65mg (70.66%), Fiber: 16.88g (67.51%), Copper: 1.09mg (54.41%), Calcium: 497.23mg (49.72%), Vitamin C: 38.13mg (46.22%), Magnesium: 175.73mg (43.93%), Iron: 7.24mg (40.21%), Potassium: 1332.08mg (38.06%), Vitamin B3: 6.25mg (31.27%), Zinc: 4.52mg (30.13%), Vitamin E: 4.3mg (28.68%), Folate: 110.82µg (27.71%), Vitamin B1: 0.38mg (25.61%), Vitamin B2: 0.41mg (24.09%), Vitamin K: 23.79µg (22.66%), Vitamin B5: 1.84mg (18.38%), Vitamin A: 716.16IU (14.32%), Vitamin B12: 0.34µg (5.6%)