



HEALTH SCORE

70%

Cheesy Pasta and Lentils



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots thinly sliced
- ☐ 2 rib celery sliced
- ☐ 8 ounces rotini cooked
- ☐ 1.5 cups lentils dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 30 ounce chunky garlic-and-herb tomato sauce canned
- ☐ 3.5 cups water

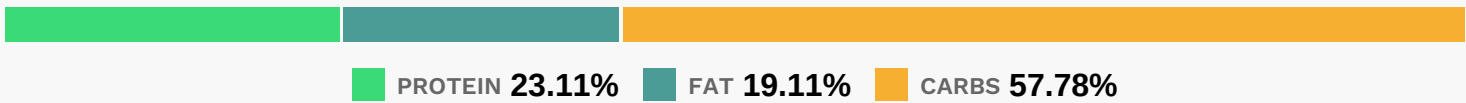
Equipment

- ☐ dutch oven

Directions

- ☐ Bring first 5 ingredients to a boil in a Dutch oven over medium-high heat. Cover, reduce heat, and simmer 40 minutes.
- ☐ Add tomato sauce and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until vegetables are tender. Stir in pasta and parsley.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:54.16, Glycemic Load:12.48, Inflammation Score:-10, Nutrition Score:30.67391285689%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 360.67kcal (18.03%), Fat: 7.83g (12.04%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 34.48g (12.54%), Sugar: 8.53g (9.48%), Cholesterol: 18.9mg (6.3%), Sodium: 1015.82mg (44.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Vitamin A: 4406.77IU (88.14%), Fiber: 18.74g (74.94%), Folate: 260.78µg (65.2%), Manganese: 1mg (50.21%), Vitamin C: 32.32mg (39.18%), Phosphorus: 380.62mg (38.06%), Vitamin B1: 0.5mg (33.37%), Iron: 5.75mg (31.97%), Vitamin K: 33.15µg (31.57%), Potassium:

1046.52mg (29.9%), Selenium: 20.28µg (28.97%), Vitamin B6: 0.53mg (26.29%), Copper: 0.51mg (25.55%),
Magnesium: 100.22mg (25.05%), Zinc: 3.63mg (24.19%), Calcium: 202.5mg (20.25%), Vitamin B2: 0.31mg (18.13%),
Vitamin E: 2.66mg (17.76%), Vitamin B5: 1.69mg (16.91%), Vitamin B3: 3.15mg (15.76%), Vitamin B12: 0.2µg (3.34%)