



## Creamy Spaghetti and Beans

READY IN



30 min.

SERVINGS



4

CALORIES



1057 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 2 carrots cut into a small dice
- 5 cups chicken stock see
- 1 cup cooking wine dry white
- 1 handful a flat-leaf parsley generous finely chopped
- 1 bay leaf fresh
- 5 sprigs thyme leaves fresh
- 4 cloves garlic chopped
- 2 tablespoons olive oil extra-virgin

- 1 medium onion chopped
- 0.3 pound pancetta into dice chunk chopped
- 1 cup parmigiano-reggiano grated
- 15 ounce beans white canned (recommended: Goya brand)
- 4 servings salt and pepper black freshly ground
- 1 pound pasta like spaghetti

## Equipment

- bowl
- frying pan
- ladle
- pot

## Directions

- Place the stock in a sauce pot and warm it over medium heat then reduce to simmer.
- Heat the extra-virgin olive oil and the butter in a large, deep skillet over medium to medium-high heat.
- Add the pancetta to brown slightly. Next add the garlic and spaghetti and toast the noodles lightly, 3 to 4 minutes.
- Add onions and carrots, bay leaf and thyme, and season with salt and pepper. Soften veggies a bit, 5 minutes.
- Add wine and allow it to be completely absorbed.
- Add beans then add a few ladles of stock and stir the pasta. Keep adding stock a few ladles at a time allowing liquids to be mostly absorbed before adding more, as if you were preparing a risotto. When liquids are absorbed and spaghetti is cooked to al dente, 12-15 minutes, stir in cheese. Adjust salt and pepper. Turn off heat and stir another minute.
- Remove the bay leaf and thyme stems.
- Serve in shallow bowls and garnish with lots of parsley.

## Nutrition Facts



■ PROTEIN 17.26% ■ FAT 32.23% ■ CARBS 50.51%

## Properties

Glycemic Index:94.46, Glycemic Load:41.79, Inflammation Score:-10, Nutrition Score:37.696521525798%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

## Nutrients (% of daily need)

Calories: 1057.32kcal (52.87%), Fat: 36.16g (55.63%), Saturated Fat: 13.83g (86.42%), Carbohydrates: 127.47g (42.49%), Net Carbohydrates: 117.11g (42.59%), Sugar: 11.51g (12.79%), Cholesterol: 59.76mg (19.92%), Sodium: 1100.8mg (47.86%), Alcohol: 6.18g (100%), Alcohol %: 1.1% (100%), Protein: 43.57g (87.14%), Selenium: 92.02µg (131.46%), Vitamin A: 5631.54IU (112.63%), Manganese: 1.83mg (91.64%), Phosphorus: 644.2mg (64.42%), Calcium: 443.9mg (44.39%), Vitamin B3: 8.45mg (42.27%), Fiber: 10.36g (41.42%), Copper: 0.8mg (40.1%), Magnesium: 156.72mg (39.18%), Potassium: 1338.4mg (38.24%), Iron: 6.31mg (35.04%), Vitamin B6: 0.67mg (33.52%), Vitamin B2: 0.52mg (30.31%), Folate: 120.33µg (30.08%), Zinc: 4.5mg (30%), Vitamin B1: 0.44mg (29.39%), Vitamin K: 29.92µg (28.49%), Vitamin E: 2.62mg (17.46%), Vitamin B5: 1.14mg (11.36%), Vitamin C: 8.71mg (10.56%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.24µg (1.59%)