



Cumin-Orange Beans with Linguine



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cherry tomatoes rinsed cut in half
- ☐ 1 tablespoon cumin seed
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 1 clove garlic minced pressed peeled
- ☐ 1 cup green onions thinly sliced
- ☐ 0.5 pound pasta dried
- ☐ 1 pound beans fresh (see notes)
- ☐ 1 tablespoon olive oil

- ☐ 6 oz cranberry–orange relish rinsed
- ☐ 4 servings salt and pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ peeler

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Trim ends and pull any strings from beans; rinse beans.
- ☐ With a vegetable peeler, cut thin peel (colored part only) from orange.
- ☐ Cut enough of the peel into fine shreds to make 1 tablespoon.
- ☐ Cut orange into wedges.
- ☐ When water boils, add linguine and cook 6 minutes.
- ☐ Add beans and cook until pasta and beans are tender to bite, 5 to 7 minutes longer.
- ☐ Drain and pour into a wide, shallow bowl.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over high heat, stir olive oil and cumin until seed is fragrant, about 1 minute.
- ☐ Add garlic, onions, and cherry tomatoes; stir until tomatoes are hot, about 2 minutes.
- ☐ Add broth and orange peel; bring to a boil.
- ☐ Pour over noodles and beans, mix, and season to taste with salt and pepper.
- ☐ Serve with orange wedges to squeeze juice onto each portion.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:20.72, Inflammation Score:-8, Nutrition Score:19.516956438189%

Flavonoids

Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg Naringenin: 6.51mg, Naringenin: 6.51mg, Naringenin: 6.51mg, Naringenin: 6.51mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 325.82kcal (16.29%), Fat: 5.16g (7.93%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 59.73g (19.91%), Net Carbohydrates: 54.11g (19.68%), Sugar: 7.13g (7.92%), Cholesterol: 0mg (0%), Sodium: 446.92mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.21%), Vitamin C: 59.98mg (72.7%), Selenium: 37.82µg (54.02%), Vitamin K: 55.05µg (52.43%), Folate: 157.94µg (39.49%), Manganese: 0.68mg (33.95%), Fiber: 5.62g (22.48%), Iron: 3.76mg (20.88%), Magnesium: 79.52mg (19.88%), Phosphorus: 190.76mg (19.08%), Potassium: 637.54mg (18.22%), Copper: 0.34mg (16.86%), Calcium: 119.79mg (11.98%), Vitamin A: 546.2IU (10.92%), Zinc: 1.52mg (10.17%), Vitamin B3: 1.8mg (9.02%), Vitamin B6: 0.17mg (8.72%), Vitamin B1: 0.13mg (8.67%), Vitamin E: 1.04mg (6.93%), Vitamin B2: 0.1mg (5.7%), Vitamin B5: 0.49mg (4.9%), Vitamin B12: 0.11µg (1.89%)