



 **74%**
HEALTH SCORE

Ditalini with Chickpeas and Garlic-Rosemary Oil

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 30 ounce garbanzo beans rinsed canned
- 1 medium carrots peeled cut into 1" pieces
- 1 celery stalks cut into 1" pieces
- 1 pound elbow macaroni
- 0.5 cup flat parsley
- 1 tablespoon rosemary leaves fresh chopped
- 6 servings kosher salt

- 0.5 cup olive oil divided
- 1 medium onion quartered
- 0.3 teaspoons pepper red crushed
- 2 tablespoons tomato paste
- 6 garlic clove whole chopped

Equipment

- food processor
- bowl
- pot

Directions

- Pulse onion, carrot, celery, whole garlic cloves, parsley, and red pepper flakes in a food processor until finely chopped; transfer to a small bowl and set aside. Wipe out food processor bowl and set aside.
- Heat 1/4 cup oil in a large heavy pot over medium heat; add reserved vegetable mixture, season with salt, and cook, stirring often, until golden, 8–10 minutes. Stir tomato paste and 1 cup water in a small bowl to combine; add to pot. Cook, scraping up any browned bits from bottom of pot. Bring to a boil, reduce heat, and simmer until liquid has almost evaporated, 5–8 minutes.
- Add chickpeas and 2 cups water to pot and simmer for 15 minutes to let flavors meld.
- Transfer 1 cup chickpea mixture to food processor; purée until smooth, then stir back into sauce to thicken.
- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- Drain pasta, reserving 1 1/2 cups pasta cooking liquid.
- Add pasta and 1/2 cup pasta cooking liquid to sauce and stir to coat. Increase heat to medium and continue stirring, adding more pasta cooking liquid as needed, until sauce coats pasta.
- Heat remaining 1/4 cup oil in a small saucepan over medium–low heat; add chopped garlic and rosemary and cook until sizzling stops, about 1 minute. Divide pasta among bowls and drizzle with garlic–rosemary oil.

Nutrition Facts



■ PROTEIN 15.32% ■ FAT 14.9% ■ CARBS 69.78%

Properties

Glycemic Index:42.19, Glycemic Load:6.58, Inflammation Score:-9, Nutrition Score:25.32608724677%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 459.94kcal (23%), Fat: 7.66g (11.79%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 80.71g (26.9%), Net Carbohydrates: 70.92g (25.79%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 647.63mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.45%), Manganese: 1.97mg (98.55%), Vitamin K: 86.6µg (82.48%), Selenium: 51.45µg (73.5%), Vitamin A: 2260.32IU (45.21%), Vitamin B6: 0.87mg (43.52%), Fiber: 9.79g (39.14%), Phosphorus: 277.7mg (27.77%), Copper: 0.49mg (24.26%), Magnesium: 87.39mg (21.85%), Iron: 3.37mg (18.75%), Folate: 63.42µg (15.85%), Potassium: 531.47mg (15.18%), Zinc: 2.23mg (14.86%), Vitamin C: 10.95mg (13.27%), Vitamin B1: 0.14mg (9.5%), Vitamin B3: 1.86mg (9.28%), Calcium: 89.06mg (8.91%), Vitamin B5: 0.85mg (8.5%), Vitamin E: 0.98mg (6.5%), Vitamin B2: 0.1mg (5.62%)