



HEALTH SCORE

91%

Ditalini with Pesto, Beans, and Broccoli Rabe



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli rabe cut into 2-inch pieces
- ☐ 15 ounce cannellini white rinsed drained canned (kidney beans)
- ☐ 2 cups ditalini pasta tube-shaped
- ☐ 7 ounce basil pesto
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 14 ounce vegetable stock canned
- ☐ 1 tablespoon citrus champagne vinegar

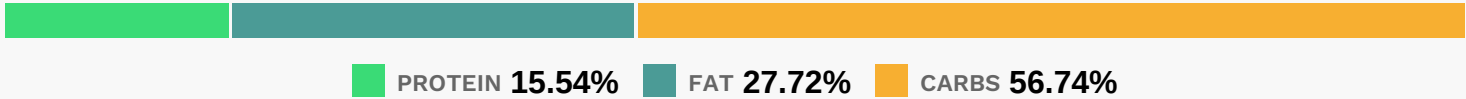
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water 3 minutes.
- ☐ Add broccoli rabe and boil until broccoli rabe is just crisp-tender and pasta is just tender but still firm to bite, stirring occasionally, about 5 minutes longer.
- ☐ Drain pasta and broccoli rabe, reserving 1/2 cup cooking liquid. Return pasta and broccoli rabe to pot.
- ☐ Meanwhile, bring vegetable broth and crushed red pepper to simmer in medium saucepan.
- ☐ Add beans and simmer until beans are heated through, stirring frequently, about 5 minutes.
- ☐ Add bean mixture, pesto, and vinegar to pasta and broccoli rabe. Stir well, adding pasta cooking liquid by tablespoonfuls if necessary. Season with salt and pepper.
- ☐ Serve in shallow bowls.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:34.762173859969%

Flavonoids

Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 669.98kcal (33.5%), Fat: 20.75g (31.92%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 95.57g (31.86%), Net Carbohydrates: 82.13g (29.87%), Sugar: 5.46g (6.07%), Cholesterol: 3.97mg (1.32%), Sodium: 908.69mg (39.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.36%), Vitamin K: 263.29µg (250.75%), Vitamin A: 4258.94IU (85.18%), Manganese: 1.68mg (84.07%), Selenium: 55.44µg (79.2%), Folate: 247.51µg (61.88%), Fiber: 13.43g (53.74%), Phosphorus: 389.3mg (38.93%), Iron: 6.23mg (34.59%), Vitamin C: 24.2mg (29.34%), Vitamin B1: 0.43mg (28.67%), Magnesium: 114.64mg (28.66%), Copper: 0.52mg (26.14%), Calcium: 258.24mg (25.82%), Potassium: 846.48mg (24.19%), Vitamin B6: 0.45mg (22.3%), Zinc: 3.13mg (20.88%), Vitamin B3: 3.45mg (17.27%), Vitamin B2: 0.26mg (15.33%), Vitamin E: 2.06mg (13.71%), Vitamin B5: 0.96mg (9.63%)