



Escarole & Beans

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup ditalini pasta
- 2 garlic clove diced
- 3 Tbs olive oil
- 1 can cannellini beans with its juice
- 0.5 cup vegetable stock
- 4 servings salt and pepper
- 1 head endive washed cut into bite size pieces
- 0.3 tsp pepper red crushed

4 servings parmesan for garnish

Equipment

bowl

pot

Directions

Cook pasta according to directions.

In a large pot heat olive oil and add garlic.

Saute just until it starts to golden.

Add cannellini beans along with its juice, salt, pepper & hot pepper.

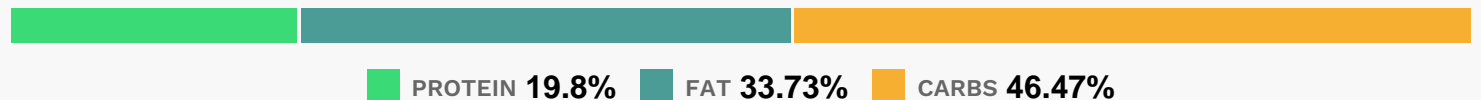
Heat through. Stir in vegetable broth. Stir and cook for 10 minutes.

Toss in washed escarole and cover with a lid. Check every so often and stir. Turn heat off once all escarole is just wilted. Don't over cook.

In each bowl, add pasta and top with escarole and beans.

Garnish with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:6.28, Inflammation Score:-10, Nutrition Score:30.709565217391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 514.54kcal (25.73%), Fat: 19.45g (29.93%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 60.3g (20.1%), Net Carbohydrates: 50.12g (18.23%), Sugar: 2.23g (2.48%), Cholesterol: 20.4mg (6.8%), Sodium: 827.16mg (35.96%), Protein: 25.69g (51.38%), Vitamin K: 270.09µg (257.23%), Manganese: 1.46mg (72.83%), Folate: 240.83µg

(60.21%), Vitamin A: 2771.94IU (55.44%), Selenium: 35.51µg (50.73%), Calcium: 505.99mg (50.6%), Phosphorus: 421.62mg (42.16%), Fiber: 10.17g (40.7%), Iron: 5.11mg (28.42%), Potassium: 981.37mg (28.04%), Magnesium: 108.87mg (27.22%), Copper: 0.5mg (25.14%), Zinc: 3.56mg (23.72%), Vitamin E: 3.04mg (20.23%), Vitamin B1: 0.25mg (16.54%), Vitamin B5: 1.54mg (15.43%), Vitamin B2: 0.25mg (14.86%), Vitamin B6: 0.21mg (10.65%), Vitamin C: 7.78mg (9.43%), Vitamin B3: 1.39mg (6.97%), Vitamin B12: 0.36µg (6%)