



## Farfalle with Arugula and White Beans

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 pound baby arugula
- ☐ 15.5 ounces cannellini beans drained and rinsed canned
- ☐ 4 servings salt and pepper freshly ground
- ☐ 12 ounces farfalle pasta
- ☐ 4 garlic clove thinly sliced
- ☐ 4 tablespoons butter unsalted cut into pieces ()
- ☐ 0.3 cup walnut pieces toasted for garnish

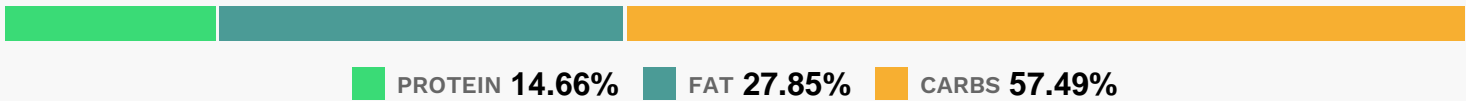
### Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Bring a pot of water to a boil; add a generous amount of salt. Cook pasta until al dente according to package instructions. Reserve 1/2 cup pasta water; drain pasta.
- ☐ Add 1 tablespoon butter and the garlic to the pot; cook over medium heat, stirring, until garlic is fragrant, about 2 minutes.
- ☐ Add arugula; toss just until wilted.
- ☐ Add beans, pasta, and remaining 3 tablespoons butter; season with salt and pepper.
- ☐ Heat, tossing, until butter is melted and beans and pasta are warmed through, about 1 minute.
- ☐ Add enough reserved pasta water to create a thin sauce to coat pasta.
- ☐ To serve, divide among shallow bowls, and garnish with walnuts.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Over the years, more than two dozen books have been published by the magazine’s editors.Martha Stewart is the author of dozens of best-selling books on cooking, entertaining, gardening, weddings, and decorating. She is the host of The Martha Stewart Show, the successful daily syndicated television show.

## Nutrition Facts



## Properties

Glycemic Index:38.75, Glycemic Load:32.27, Inflammation Score:-10, Nutrition Score:33.924782453672%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg Kaempferol: 39.57mg, Kaempferol: 39.57mg, Kaempferol: 39.57mg, Kaempferol: 39.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

## Nutrients (% of daily need)

Calories: 637.73kcal (31.89%), Fat: 20.08g (30.89%), Saturated Fat: 8.21g (51.3%), Carbohydrates: 93.27g (31.09%), Net Carbohydrates: 82.75g (30.09%), Sugar: 5.21g (5.79%), Cholesterol: 30.1mg (10.03%), Sodium: 237.25mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.57%), Vitamin K: 128.17µg (122.07%), Manganese: 2.09mg (104.69%), Selenium: 56.89µg (81.28%), Vitamin A: 3043.02IU (60.86%), Folate: 206.78µg (51.69%), Magnesium: 170.84mg (42.71%), Fiber: 10.53g (42.1%), Copper: 0.75mg (37.66%), Phosphorus: 361.36mg (36.14%), Iron: 6.39mg (35.47%), Potassium: 1165.26mg (33.29%), Calcium: 297.96mg (29.8%), Zinc: 3.31mg (22.08%), Vitamin C: 18.07mg (21.91%), Vitamin B6: 0.38mg (18.8%), Vitamin B1: 0.27mg (18.12%), Vitamin B2: 0.21mg (12.46%), Vitamin E: 1.84mg (12.3%), Vitamin B5: 1.15mg (11.54%), Vitamin B3: 2.05mg (10.26%), Vitamin D: 0.21µg (1.4%)