



HEALTH SCORE

100%

Farfalle with Sausage, Cannellini Beans, and Kale



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce cannellini beans rinsed drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces farfalle pasta uncooked (bow tie pasta)
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 6 garlic clove minced
- ☐ 1 teaspoon seasoning dried italian
- ☐ 8 ounces turkey sausage italian hot

- ☐ 16 ounce kale fresh
- ☐ 0.3 cup sun-dried olives
- ☐ 1.5 cups onion chopped
- ☐ 0.3 cup parmesan fresh shaved

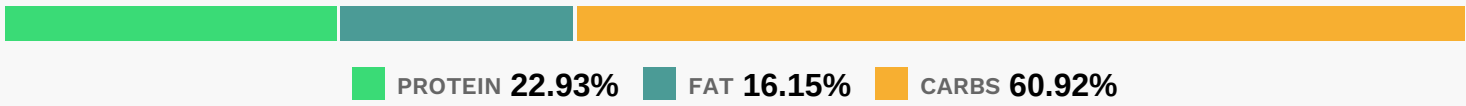
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, reserving 1 cup cooking liquid; keep warm.
- ☐ Drain tomatoes in a small sieve over a bowl, reserving 2 teaspoons oil; slice tomatoes.
- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add sliced tomatoes, reserved 2 teaspoons tomato oil, onion, and sausage to pan; cook 10 minutes or until sausage is browned, stirring to crumble.
- ☐ Add garlic to pan; cook 1 minute.
- ☐ Add seasoning, pepper, and broth to pan. Stir in kale; cover and simmer 5 minutes or until kale is tender. Stir in pasta, reserved 1 cup cooking liquid, and beans.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:16.77, Inflammation Score:-10, Nutrition Score:35.300434844001%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 19.85mg, Isorhamnetin: 19.85mg, Isorhamnetin: 19.85mg Kaempferol: 35.65mg, Kaempferol: 35.65mg, Kaempferol:

35.65mg, Kaempferol: 35.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 25.24mg, Quercetin: 25.24mg, Quercetin: 25.24mg, Quercetin: 25.24mg

Nutrients (% of daily need)

Calories: 359.61kcal (17.98%), Fat: 6.62g (10.18%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 56.13g (18.71%), Net
Carbohydrates: 46.6g (16.95%), Sugar: 6.63g (7.37%), Cholesterol: 22.87mg (7.62%), Sodium: 742.42mg (32.28%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Vitamin K: 301.34µg (286.99%), Vitamin A:
7710.79IU (154.22%), Vitamin C: 87.8mg (106.43%), Manganese: 1.45mg (72.36%), Selenium: 37.4µg (53.43%), Iron:
8.26mg (45.91%), Fiber: 9.53g (38.11%), Calcium: 336.88mg (33.69%), Phosphorus: 316.89mg (31.69%), Folate:
115.34µg (28.84%), Potassium: 1000.75mg (28.59%), Magnesium: 107.74mg (26.93%), Vitamin B2: 0.44mg
(26.08%), Vitamin B6: 0.48mg (24.03%), Copper: 0.46mg (23.11%), Vitamin B3: 3.89mg (19.46%), Zinc: 2.76mg
(18.41%), Vitamin B1: 0.27mg (18%), Vitamin B5: 0.93mg (9.29%), Vitamin E: 1.21mg (8.09%), Vitamin B12: 0.34µg
(5.75%)