



Farfalle with Zucchini and White Beans

READY IN



30 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 cup beans white canned rinsed drained
- 6 ounces farfalle pasta uncooked (bow tie pasta)
- 2 tablespoons olive oil
- 1 small and orange peppers seeded cut into 1/4-inch cubes
- 24 small parmesan with a vegetable peeler (1 1/2 ounces)
- 0.5 teaspoon salt
- 6 ounces zucchini cut into 1/4-inch-thick strips

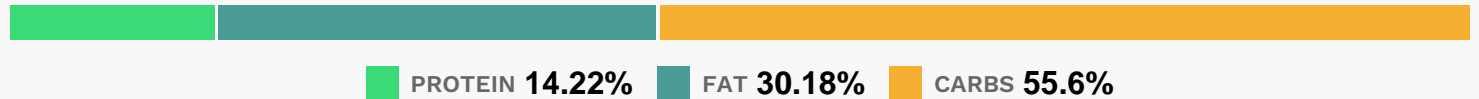
Equipment

- bowl
- frying pan

Directions

- Cook the pasta according to package directions.
- Drain, and set aside.
- Heat the olive oil in a large nonstick skillet over medium-high heat. Stir in zucchini, salt, and pepper; cook until the zucchini begins to soften (2–3 minutes), stirring frequently. Stir in the bell pepper and beans; cook until bell pepper is softened (about 2 minutes), stirring frequently.
- Add pasta to skillet; cook until heated through (about 2 minutes), stirring constantly.
- Transfer the pasta to bowls; top with Parmesan curls.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:14.33, Inflammation Score:-7, Nutrition Score:11.9308696603%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 280.87kcal (14.04%), Fat: 9.45g (14.54%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 35.9g (13.06%), Sugar: 3.09g (3.43%), Cholesterol: 4.08mg (1.36%), Sodium: 394.77mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.04%), Selenium: 28.69µg (40.99%), Vitamin C: 31.29mg (37.93%), Manganese: 0.61mg (30.55%), Phosphorus: 163.44mg (16.34%), Vitamin A: 711.49IU (14.23%), Fiber: 3.26g (13.06%), Magnesium: 46.58mg (11.64%), Vitamin E: 1.59mg (10.59%), Calcium: 104.93mg (10.49%), Folate: 41.34µg (10.34%), Vitamin B6: 0.21mg (10.3%), Copper: 0.2mg (10.17%), Potassium: 352.92mg (10.08%), Iron: 1.56mg (8.64%), Zinc: 1.2mg (7.99%), Vitamin K: 7.84µg (7.47%), Vitamin B2: 0.11mg (6.44%), Vitamin B1: 0.09mg

(6.09%), Vitamin B3: 1.14mg (5.69%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.07 μ g (1.2%)