



## Fettuccine with Rainbow Chard and White Beans

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 15.5 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 12 ounces fettuccine barilla whole-wheat
- ☐ 2 cloves garlic sliced
- ☐ 1 pint grape tomatoes quartered
- ☐ 4 servings kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan grated

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 bunches swiss chard green red separated

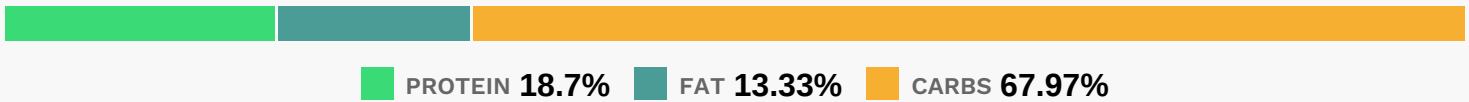
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Cook the pasta according to package directions.
- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the garlic and cook, stirring, for 1 minute.
- ☐ Add the tomatoes and cook until they begin to break down and release their juices, about 2 minutes. Stir in the chard stems and cook until softened, about 3 minutes.
- ☐ Add the chard leaves, cannellini beans, 1/2 teaspoon salt, and the red pepper and cook, stirring, until the chard leaves are tender, 3 to 5 minutes. Divide the cooked pasta among individual bowls and top with the chard mixture and Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:33.45, Inflammation Score:-10, Nutrition Score:42.878695887068%

## Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg Myricetin: 4.83mg, Myricetin: 4.83mg, Myricetin: 4.83mg, Myricetin: 4.83mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## Nutrients (% of daily need)

Calories: 546.38kcal (27.32%), Fat: 8.27g (12.72%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 94.87g (31.62%), Net Carbohydrates: 82.9g (30.15%), Sugar: 6.75g (7.5%), Cholesterol: 75.69mg (25.23%), Sodium: 645.03mg (28.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.21%), Vitamin K: 1259.42µg (1199.45%), Vitamin A: 10298.13IU (205.96%), Selenium: 71.77µg (102.53%), Manganese: 2.01mg (100.29%), Vitamin C: 61.68mg

(74.76%), Magnesium: 243.18mg (60.8%), Fiber: 11.97g (47.9%), Phosphorus: 448.37mg (44.84%), Potassium: 1569.38mg (44.84%), Iron: 8.03mg (44.62%), Copper: 0.85mg (42.68%), Folate: 135.33µg (33.83%), Vitamin E: 5.01mg (33.38%), Calcium: 275.56mg (27.56%), Vitamin B6: 0.54mg (26.81%), Zinc: 3.8mg (25.33%), Vitamin B1: 0.36mg (23.97%), Vitamin B2: 0.3mg (17.54%), Vitamin B3: 3.25mg (16.27%), Vitamin B5: 1.38mg (13.81%), Vitamin B12: 0.32µg (5.36%), Vitamin D: 0.29µg (1.91%)