



 **67%**
HEALTH SCORE

Mediterranean Penne Pasta and Beans

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup feta cheese crumbled
- 15 oz chickpeas rinsed drained canned
- 2 garlic clove minced
- 1.5 teaspoons seasoning dried italian
- 29 oz no salt added diced tomatoes undrained canned
- 0.3 cup olives ripe sliced
- 1.8 cups penne pasta (tube-shaped uncooked)
- 10 oz pkt spinach fresh chopped (8 cups)

- 1 teaspoon sugar
- 1 tablespoon vegetable oil

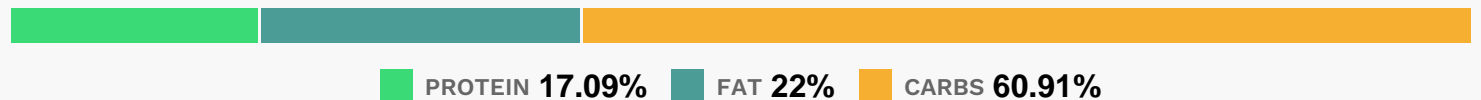
Equipment

- frying pan
- dutch oven

Directions

- Cook penne to desired doneness as directed on package.
- Drain; cover to keep warm.
- Meanwhile, heat oil in large skillet or Dutch oven over medium-high heat until hot.
- Add garlic; cook and stir 30 seconds.
- Add tomatoes, beans, Italian seasoning and sugar; mix well. Bring to a boil. Reduce heat; simmer 10 minutes.
- Add spinach; cook 3 minutes or until spinach wilts, stirring frequently.
- To serve, arrange cooked penne on large serving platter. Top with tomato mixture.
- Sprinkle with cheese and olives.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:21.57, Inflammation Score:-10, Nutrition Score:41.457391344983%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 508.24kcal (25.41%), Fat: 12.81g (19.7%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 79.76g (26.59%), Net Carbohydrates: 65.86g (23.95%), Sugar: 12.7g (14.11%), Cholesterol: 16.69mg (5.56%), Sodium: 432.77mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Vitamin K: 363.98µg (346.65%),

Vitamin A: 7040.19IU (140.8%), Manganese: 2.41mg (120.41%), Folate: 353.73µg (88.43%), Selenium: 39.1µg (55.85%), Fiber: 13.9g (55.59%), Vitamin C: 40.9mg (49.57%), Iron: 8.09mg (44.96%), Phosphorus: 412.34mg (41.23%), Magnesium: 162.6mg (40.65%), Copper: 0.78mg (38.79%), Potassium: 1231.66mg (35.19%), Vitamin B6: 0.69mg (34.63%), Calcium: 307.84mg (30.78%), Vitamin B2: 0.51mg (29.89%), Vitamin E: 4.03mg (26.89%), Zinc: 3.57mg (23.77%), Vitamin B1: 0.35mg (23.36%), Vitamin B3: 3.62mg (18.12%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.32µg (5.28%)