



Garlicky Spaghetti with Beans and Greens

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces arugula leaves
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons garlic fresh minced
- ☐ 2 cups grape tomatoes halved
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan cheese grated

☐ 8 ounces pasta like spaghetti uncooked

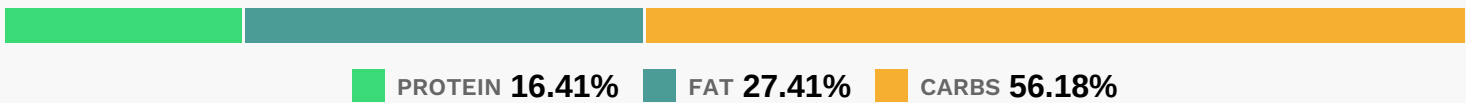
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/2 cup pasta water.
- ☐ Place pasta in a small bowl.
- ☐ Add 1/4 teaspoon salt, tossing gently. Set aside, and keep warm.
- ☐ Return pan to medium heat.
- ☐ Add oil, garlic, and pepper; cook 2 minutes or until garlic is lightly browned, stirring occasionally. Stir in remaining 1/2 teaspoon salt, tomatoes, and beans; cook 2 minutes.
- ☐ Add pasta; cook 4 minutes, stirring frequently.
- ☐ Add reserved pasta water and arugula, tossing gently to combine.
- ☐ Remove from heat. Stir in lemon juice and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:16.1, Inflammation Score:-8, Nutrition Score:17.045217309309%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg

1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.29mg, Kaempferol: 8.29mg, Kaempferol: 8.29mg, Kaempferol: 8.29mg
Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.22mg, Quercetin: 2.22mg,
Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 348.47kcal (17.42%), Fat: 10.74g (16.52%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 49.53g (16.51%),
Net Carbohydrates: 43.59g (15.85%), Sugar: 3.19g (3.54%), Cholesterol: 8.22mg (2.74%), Sodium: 474.34mg
(20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.94%), Manganese: 0.93mg (46.26%),
Selenium: 28.9µg (41.28%), Vitamin K: 36.5µg (34.76%), Fiber: 5.94g (23.77%), Phosphorus: 229.33mg (22.93%),
Vitamin A: 1106.03IU (22.12%), Folate: 88µg (22%), Magnesium: 79.69mg (19.92%), Calcium: 195.35mg (19.54%),
Potassium: 669.01mg (19.11%), Iron: 3.39mg (18.85%), Copper: 0.35mg (17.32%), Vitamin C: 13.12mg (15.9%), Vitamin
E: 2.14mg (14.25%), Zinc: 2.03mg (13.5%), Vitamin B6: 0.21mg (10.69%), Vitamin B1: 0.14mg (9.66%), Vitamin B2:
0.12mg (6.96%), Vitamin B3: 1.14mg (5.73%), Vitamin B5: 0.5mg (5.05%), Vitamin B12: 0.13µg (2.13%)