



 **100%**
HEALTH SCORE

Greek Pasta with Tomatoes and White Beans

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 19 ounce .5 can cannellini beans drained and rinsed canned
- 29 ounce tomatoes diced italian-style canned
- 0.5 cup feta cheese crumbled
- 8 ounces penne pasta
- 10 ounces pkt spinach fresh washed and chopped

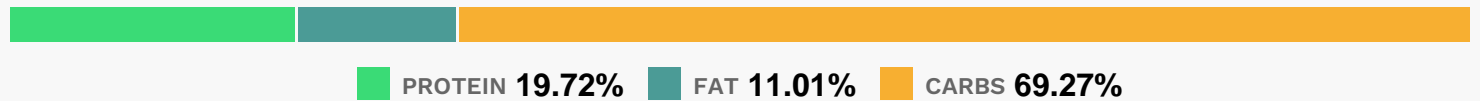
Equipment

- frying pan
- pot

Directions

- Cook the pasta in a large pot of boiling salted water until al dente.
- Meanwhile, combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium high heat. Reduce heat, and simmer 10 minutes.
- Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly.
- Serve sauce over pasta, and sprinkle with feta.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:24.39, Inflammation Score:-10, Nutrition Score:40.376956545788%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 464.8kcal (23.24%), Fat: 5.82g (8.96%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 82.41g (27.47%), Net Carbohydrates: 70.51g (25.64%), Sugar: 7.09g (7.88%), Cholesterol: 16.69mg (5.56%), Sodium: 573.79mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.93%), Vitamin K: 352.58µg (335.79%), Vitamin A: 6965.44IU (139.31%), Manganese: 2.01mg (100.63%), Folate: 257.67µg (64.42%), Selenium: 41.72µg (59.59%), Iron: 8.8mg (48.89%), Fiber: 11.89g (47.57%), Vitamin C: 39.03mg (47.31%), Magnesium: 180.89mg (45.22%), Potassium: 1531.3mg (43.75%), Phosphorus: 366.67mg (36.67%), Copper: 0.72mg (35.81%), Calcium: 336.53mg (33.65%), Vitamin B6: 0.63mg (31.37%), Vitamin B2: 0.49mg (28.77%), Vitamin E: 4mg (26.64%), Vitamin B1: 0.36mg (23.8%), Zinc: 3.51mg (23.41%), Vitamin B3: 3.28mg (16.39%), Vitamin B5: 0.96mg (9.63%), Vitamin B12: 0.32µg (5.28%)