



Greek Pasta With Tomatoes and White Beans



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano canned
- ☐ 19 ounce cannellini beans beans white rinsed drained canned
- ☐ 4 cups penne pasta hot tubular-shaped cooked uncooked ()
- ☐ 2 ounces feta cheese crumbled finely
- ☐ 10 ounce pkt spinach fresh chopped (8 cups)

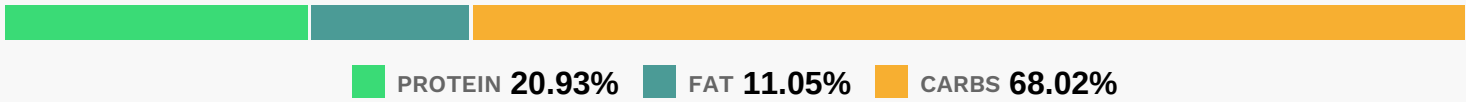
Equipment

- ☐ frying pan

Directions

- ☐ Combine tomatoes and beans in a large nonstick skillet over medium-high heat; bring to a boil. Reduce heat; simmer 10 minutes.
- ☐ Add spinach; cook 2 minutes or until spinach wilts, stirring occasionally.
- ☐ Place 1 cup pasta on each of four plates; top each serving with 1 1/4 cups sauce and 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:19.3, Inflammation Score:-10, Nutrition Score:37.228695791701%

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

Nutrients (% of daily need)

Calories: 376.62kcal (18.83%), Fat: 4.77g (7.34%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 54.51g (19.82%), Sugar: 6.06g (6.73%), Cholesterol: 12.62mg (4.21%), Sodium: 519.08mg (22.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.7%), Vitamin K: 352.44µg (335.66%), Vitamin A: 6946.13IU (138.92%), Manganese: 1.77mg (88.26%), Folate: 251.95µg (62.99%), Iron: 9.12mg (50.67%), Vitamin C: 39.03mg (47.31%), Fiber: 11.61g (46.43%), Magnesium: 165.27mg (41.32%), Potassium: 1439.43mg (41.13%), Selenium: 27.64µg (39.48%), Copper: 0.64mg (31.8%), Calcium: 308.01mg (30.8%), Phosphorus: 293.39mg (29.34%), Vitamin B6: 0.57mg (28.45%), Vitamin E: 3.98mg (26.51%), Vitamin B2: 0.43mg (25.5%), Vitamin B1: 0.32mg (21.06%), Zinc: 3.01mg (20.09%), Vitamin B3: 2.61mg (13.05%), Vitamin B5: 0.77mg (7.7%), Vitamin B12: 0.24µg (3.99%)