



WHATSheATE



HEALTH SCORE

62%

Healthy & Delicious: Whole Wheat Pasta with Chicken Sausage, Chickpeas, and Garlicky Greens



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes diced drained canned
- ☐ 12 ounces mild chicken sausage smoked cut into 1/3-inch rounds
- ☐ 16 ounce spinach frozen thawed drained chopped well
- ☐ 4 cloves garlic minced

- ☐ 2 tablespoons soy sauce low-sodium (if preferred)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 13.3 ounce rotini pasta whole wheat

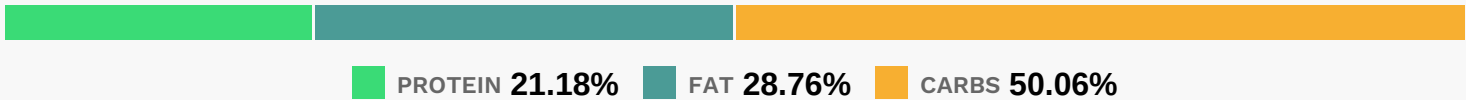
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F. Lightly grease a 9- by 13-inch glass baking dish with olive oil. Cook pasta according to package directions in salted water.
- ☐ Drain and reserve.
- ☐ In a large skillet or Dutch oven, heat olive oil over medium heat.
- ☐ Add garlic and sauté until fragrant, 30 to 60 seconds.
- ☐ Add sausage and sauté until beginning to brown, about 5 minutes.
- ☐ Add spinach. Stir to combine and heat through.
- ☐ Add soy sauce. Stir to combine. Taste, adding more soy sauce if necessary.
- ☐ Add pasta, chickpeas, tomatoes, and pepper to taste. Stir again.
- ☐ Add Parmesan. Stir one last time.
- ☐ Pour mixture into prepared glass dish and bake until pasta and cheese begin to brown on top, about 25 minutes.
- ☐ Remove and cool 5 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:23.04, Inflammation Score:-10, Nutrition Score:33.423478481562%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 549.7kcal (27.48%), Fat: 17.98g (27.66%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 70.41g (23.47%), Net Carbohydrates: 61.65g (22.42%), Sugar: 6.02g (6.69%), Cholesterol: 54.53mg (18.18%), Sodium: 1414.39mg (61.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.57%), Vitamin K: 286.93µg (273.27%), Vitamin A: 9372.76IU (187.46%), Manganese: 1.9mg (94.94%), Selenium: 52.09µg (74.42%), Folate: 151.24µg (37.81%), Vitamin B6: 0.71mg (35.38%), Phosphorus: 352.48mg (35.25%), Fiber: 8.77g (35.06%), Magnesium: 133.37mg (33.34%), Calcium: 312.59mg (31.26%), Copper: 0.54mg (27.23%), Iron: 4.72mg (26.23%), Vitamin E: 3.59mg (23.95%), Potassium: 769.71mg (21.99%), Vitamin B2: 0.33mg (19.24%), Zinc: 2.77mg (18.5%), Vitamin C: 12.17mg (14.75%), Vitamin B1: 0.21mg (14.27%), Vitamin B3: 2.49mg (12.47%), Vitamin B5: 0.83mg (8.34%), Vitamin B12: 0.22µg (3.75%)