



## Italian Pasta-Bean Stew

READY IN



55 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 ounce asiago cheese grated
- ☐ 15 ounce navy beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 cups bell pepper green chopped
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 cup onion chopped

- ☐ 2 teaspoons red wine vinegar
- ☐ 3 ounces multigrain rotini uncooked such as Barilla Plus
- ☐ 0.1 teaspoon salt
- ☐ 1 cup pkt spinach fresh packed
- ☐ 1 medium zucchini sliced

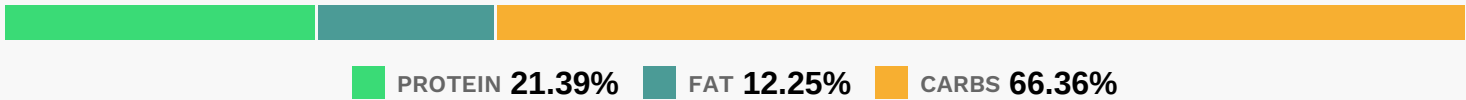
## Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

## Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add bell pepper and next 3 ingredients; saut 5 minutes or until tender.
- ☐ Add tomatoes and broth. Bring to a boil; cover, reduce heat, and simmer 20 minutes.
- ☐ . Using a fork, break up larger pieces of tomato.
- ☐ Add pasta; cover and cook 12 minutes or until pasta is done.
- ☐ Remove from heat.
- ☐ Add beans and next 4 ingredients; cover and let stand 2 minutes or until spinach wilts. Ladle into bowls, and top with Asiago cheese.

## Nutrition Facts



## Properties

Glycemic Index:65.25, Glycemic Load:9.73, Inflammation Score:-9, Nutrition Score:26.919130355768%

## Flavonoids

Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.98mg,

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Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 4.4g (6.77%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 43.29g (15.74%), Sugar: 9.89g (10.99%), Cholesterol: 4.82mg (1.61%), Sodium: 1219.64mg (53.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.6%), Vitamin C: 69.15mg (83.82%), Manganese: 1.08mg (54.08%), Vitamin K: 56.12µg (53.44%), Fiber: 10.38g (41.51%), Selenium: 24.39µg (34.84%), Phosphorus: 321.65mg (32.16%), Folate: 124.78µg (31.2%), Copper: 0.58mg (29.24%), Vitamin B6: 0.58mg (29.23%), Potassium: 1022.07mg (29.2%), Magnesium: 111.07mg (27.77%), Vitamin A: 1356.4IU (27.13%), Iron: 4.49mg (24.97%), Vitamin B1: 0.33mg (22.3%), Calcium: 209.49mg (20.95%), Vitamin E: 2.75mg (18.36%), Vitamin B3: 3.31mg (16.57%), Vitamin B2: 0.26mg (15.12%), Zinc: 1.96mg (13.06%), Vitamin B5: 0.92mg (9.23%), Vitamin B12: 0.28µg (4.72%)