



Lemony Fusilli with Chickpeas, Raisins, and Spinach

 Vegetarian

READY IN



11 min.

SERVINGS



4

CALORIES



873 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 ounce fontina shredded
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup golden raisins
- ☐ 2 lemons

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 cups fusilli whole wheat uncooked (short twisted spaghetti)

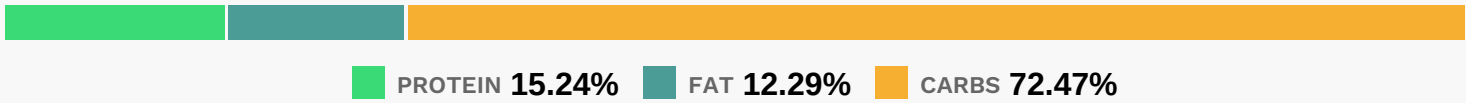
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, grate rind and squeeze juice from lemon to measure 4 teaspoons and 1/4 cup, respectively.
- ☐ Combine rind, juice, olive oil, and next 3 ingredients in a large bowl, stirring with a whisk.
- ☐ Add spinach, chickpeas, and raisins; toss well.
- ☐ Drain pasta, and immediately add to spinach mixture, tossing until spinach wilts.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately.
- ☐ Serve with: Cheesy Crostini

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:16.79, Inflammation Score:-10, Nutrition Score:27.32826078586%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 872.95kcal (43.65%), Fat: 11.82g (18.19%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 156.83g (52.28%), Net Carbohydrates: 132.53g (48.19%), Sugar: 23.09g (25.65%), Cholesterol: 8.22mg (2.74%), Sodium: 539.95mg (23.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.95%), Vitamin K: 208.92µg (198.98%), Fiber: 24.3g (97.2%), Vitamin A: 4154.3IU (83.09%), Manganese: 1.38mg (69.08%), Vitamin C: 42.02mg (50.93%), Vitamin B6: 0.75mg (37.33%), Folate: 116.37µg (29.09%), Potassium: 683.2mg (19.52%), Magnesium: 77.88mg (19.47%), Iron: 3.38mg (18.76%), Phosphorus: 173.36mg (17.34%), Copper: 0.35mg (17.27%), Calcium: 150.4mg (15.04%), Vitamin E: 1.6mg (10.64%), Vitamin B2: 0.18mg (10.44%), Zinc: 1.35mg (9.03%), Vitamin B1: 0.1mg (6.41%), Selenium: 4.25µg (6.07%), Vitamin B5: 0.53mg (5.28%), Vitamin B3: 0.86mg (4.3%), Vitamin B12: 0.12µg (1.98%)