



Lena's Pasta Fazul

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups .5 can cannellini beans canned drained
- 2 carrots chopped
- 2 teaspoons basil dried
- 4 cloves garlic minced
- 2 tablespoons olive oil
- 1 onion chopped
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated

- 0.3 cup parsley chopped
- 1 pound soup noodles uncooked
- 0.5 teaspoon pepper flakes red crushed
- 6 servings salt and pepper to taste
- 3 cups tomatoes whole peeled sliced

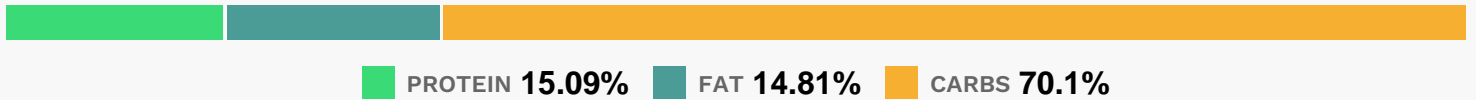
Equipment

- frying pan

Directions

- Heat 2 tablespoons olive oil until hot in a large skillet over medium heat.
- Add garlic, onion, carrot, parsley, basil, oregano and red pepper.
- Saute until onions become tender.
- Stir in the tomatoes plus 1/2 cup of their can juices. Season to taste with salt and pepper. Reduce heat to medium-low. Cover and stir frequently for 10 minutes or until the carrots are tender. Stir in the cannellini beans, cover and simmer for 20 minutes.
- Cook pasta in 4 quarts of boiling salted water until al dente.
- Drain and toss pasta with 2 tablespoons olive oil and Parmesan cheese.
- Add pasta to cannellini bean mixture and toss to combine.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:26.96, Inflammation Score:-10, Nutrition Score:24.979130292068%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.45mg,

Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 449.37kcal (22.47%), Fat: 7.45g (11.47%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 79.37g (26.46%), Net Carbohydrates: 71.55g (26.02%), Sugar: 6.86g (7.63%), Cholesterol: 3.63mg (1.21%), Sodium: 465.49mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.16%), Vitamin A: 3842.04IU (76.84%), Selenium: 50.77µg (72.53%), Manganese: 1.24mg (61.96%), Vitamin K: 59.92µg (57.07%), Fiber: 7.81g (31.26%), Phosphorus: 265.24mg (26.52%), Iron: 4.72mg (26.2%), Copper: 0.48mg (23.92%), Magnesium: 94.7mg (23.68%), Potassium: 802.75mg (22.94%), Vitamin C: 17.68mg (21.43%), Vitamin B6: 0.38mg (18.86%), Folate: 75.32µg (18.83%), Calcium: 164.97mg (16.5%), Vitamin E: 2.38mg (15.88%), Zinc: 2.25mg (15.02%), Vitamin B1: 0.21mg (13.98%), Vitamin B3: 2.53mg (12.65%), Vitamin B2: 0.18mg (10.38%), Vitamin B5: 0.7mg (6.99%)