



HEALTH SCORE

67%

Meat Lite: Soppressata Pasta Fagioli



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced crushed canned
- ☐ 4 servings salt and pepper black freshly grated
- ☐ 0.5 teaspoon basil dried
- ☐ 8 ounces elbow macaroni
- ☐ 4 large garlic clove roughly chopped
- ☐ 1 small onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 4 servings parmesan shaved for serving

- ☐ 0.3 teaspoon pepper red
- ☐ 4 ounces soppressata diced
- ☐ 2 cups vegetable stock
- ☐ 4 cups beans white cooked

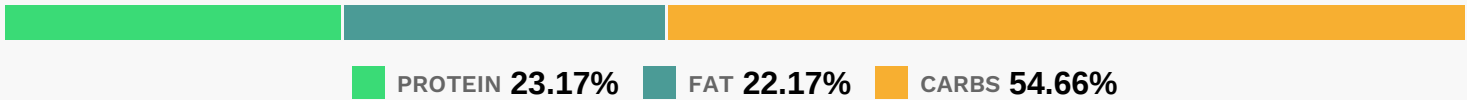
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Set a Dutch oven or large, wide saucepot over medium-high heat.
- ☐ Add the sopressata and cook for 1 to 2 minutes, just to brown slightly and to render some fat.
- ☐ Add the onions and drop the heat to medium. Sweat the onions with the soppressata for 5 minutes.
- ☐ Add the garlic and red pepper flakes and sweat an additional 1 to 2 minutes.
- ☐ Stir in the tomatoes, stock, oregano, basil and beans. Bring to a low simmer and cover. Simmer for 30 minutes.
- ☐ Add the pasta, cover and cook for about 5 minutes or until the pasta is tender. Season to taste with salt and pepper.
- ☐ Ladle the pasta fagioli into warm bowls, top with Parmigiano-Reggiano and serve with bread for sopping up the leftover sauce.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:5.78, Inflammation Score:-9, Nutrition Score:41.53478232674%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 774.96kcal (38.75%), Fat: 19.42g (29.88%), Saturated Fat: 8.72g (54.48%), Carbohydrates: 107.73g (35.91%), Net Carbohydrates: 90.21g (32.8%), Sugar: 12.9g (14.33%), Cholesterol: 42.8mg (14.27%), Sodium: 2064.66mg (89.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.67g (91.33%), Manganese: 2.16mg (108%), Selenium: 53.87µg (76.95%), Fiber: 17.53g (70.1%), Phosphorus: 657.18mg (65.72%), Calcium: 620.14mg (62.01%), Iron: 10.96mg (60.9%), Copper: 1.12mg (55.93%), Potassium: 1896.48mg (54.19%), Magnesium: 206.88mg (51.72%), Folate: 188.68µg (47.17%), Vitamin B1: 0.7mg (46.79%), Vitamin B6: 0.8mg (39.78%), Zinc: 5.91mg (39.43%), Vitamin E: 4.45mg (29.67%), Vitamin B3: 5.39mg (26.97%), Vitamin B2: 0.43mg (25.06%), Vitamin C: 20.5mg (24.85%), Vitamin K: 22.85µg (21.77%), Vitamin B12: 1.15µg (19.23%), Vitamin A: 958.35IU (19.17%), Vitamin B5: 1.69mg (16.89%)