



HEALTH SCORE

52%

## Mediterranean Penne Pasta and Beans

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.8 cups penne pasta (tube-shaped uncooked)
- 1 tablespoon vegetable oil
- 2 garlic clove minced
- 29 oz tomatoes undrained canned
- 15 oz garbanzo beans rinsed drained canned
- 1.5 teaspoons seasoning dried italian
- 1 teaspoon sugar
- 10 oz pkt spinach fresh chopped ( 8 cups)

0.5 cup feta cheese crumbled

0.3 cup olives ripe sliced

## Equipment

frying pan

dutch oven

## Directions

Cook penne to desired doneness as directed on package.

Drain; cover to keep warm.

Meanwhile, heat oil in large skillet or Dutch oven over medium-high heat until hot.

Add garlic; cook and stir 30 seconds.

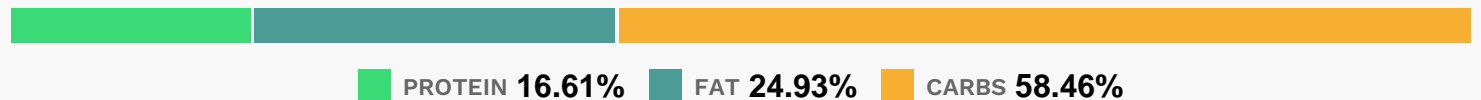
Add tomatoes, beans, Italian seasoning and sugar; mix well. Bring to a boil. Reduce heat; simmer 10 minutes.

Add spinach; cook 3 minutes or until spinach wilts, stirring frequently.

To serve, arrange cooked penne on large serving platter. Top with tomato mixture.

Sprinkle with cheese and olives.

## Nutrition Facts



## Properties

Glycemic Index:71.11, Glycemic Load:22.14, Inflammation Score:-10, Nutrition Score:36.886521816254%

## Flavonoids

Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

## Nutrients (% of daily need)

Calories: 429.5kcal (21.48%), Fat: 12.27g (18.87%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 64.72g (21.57%), Net Carbohydrates: 53.81g (19.57%), Sugar: 8.11g (9.01%), Cholesterol: 16.69mg (5.56%), Sodium: 710.59mg (30.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.79%), Vitamin K: 370µg (352.38%), Vitamin A: 8499.06IU (169.98%), Manganese: 2.26mg (112.94%), Vitamin C: 48.67mg (58.99%), Selenium: 37.08µg (52.97%), Folate: 211.84µg (52.96%), Vitamin B6: 0.98mg (49.2%), Fiber: 10.91g (43.63%), Magnesium: 140.28mg (35.07%), Potassium: 1176.09mg (33.6%), Phosphorus: 329.06mg (32.91%), Copper: 0.54mg (27.19%), Iron: 4.89mg (27.16%), Calcium: 249.79mg (24.98%), Vitamin B2: 0.38mg (22.54%), Vitamin E: 3.37mg (22.5%), Zinc: 2.73mg (18.22%), Vitamin B1: 0.24mg (16.31%), Vitamin B3: 2.96mg (14.8%), Vitamin B5: 0.96mg (9.58%), Vitamin B12: 0.32µg (5.28%)