

health-score 100%

HEALTH SCORE

Orecchiette with Cannellini Beans and Spinach

Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 2 teaspoons bottled garlic minced
- ☐ 16 ounce .5 can cannellini beans rinsed drained canned
- ☐ 28 ounce canned tomatoes undrained chopped canned
- ☐ 0.5 cup preshredded carrot
- ☐ 2 teaspoons basil dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil

- ☐ 0.8 cup prechopped onion
- ☐ 12 ounce orecchiette pasta
- ☐ 0.3 cup preshredded parmesan cheese fresh divided
- ☐ 0.3 cup seasoned bread crumbs

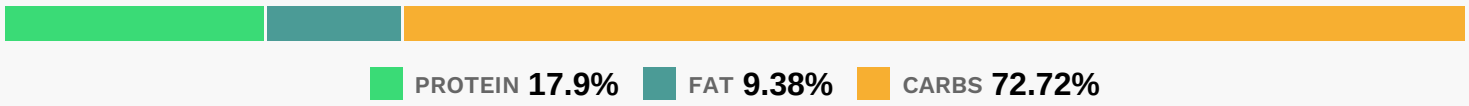
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Heat olive oil in a large skillet over medium heat. Stir in onion, carrot, and garlic; saut 3 minutes. Stir in 2 tablespoons Parmesan cheese and next 4 ingredients (through cannellini beans); simmer 5 minutes. Stir in spinach, and cook 1 minute or until spinach is wilted. Stir in pasta; cook until thoroughly heated. Divide pasta mixture evenly.
- ☐ Sprinkle evenly with remaining 2 tablespoons cheese and breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:24.65, Inflammation Score:-10, Nutrition Score:32.356086830082%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 409.81kcal (20.49%), Fat: 4.37g (6.73%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 76.25g (25.42%), Net Carbohydrates: 66.63g (24.23%), Sugar: 9.43g (10.47%), Cholesterol: 2.88mg (0.96%), Sodium: 501.22mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.53%), Vitamin K: 156.59µg (149.14%), Vitamin A: 4769.97IU (95.4%), Manganese: 1.56mg (78.07%), Selenium: 41.48µg (59.26%), Fiber: 9.62g (38.5%), Folate: 145.07µg (36.27%), Iron: 6.23mg (34.6%), Copper: 0.66mg (33.18%), Potassium: 1121.01mg (32.03%),

Magnesium: 128.04mg (32.01%), Phosphorus: 287.11mg (28.71%), Vitamin C: 22.9mg (27.76%), Vitamin B6: 0.47mg (23.62%), Calcium: 218.7mg (21.87%), Vitamin E: 3.21mg (21.43%), Vitamin B1: 0.32mg (21.14%), Vitamin B3: 3.56mg (17.79%), Zinc: 2.45mg (16.33%), Vitamin B2: 0.24mg (14.37%), Vitamin B5: 0.93mg (9.32%), Vitamin B12: 0.14µg (2.39%)