



Orecchiette with White Beans and Pesto

READY IN



25 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce kidney beans white drained and rinsed canned
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 4 tablespoons parmesan cheese shredded
- ☐ 1 cup seashell pasta uncooked
- ☐ 0.3 cup pesto prepared
- ☐ 1.5 cups plum tomatoes chopped

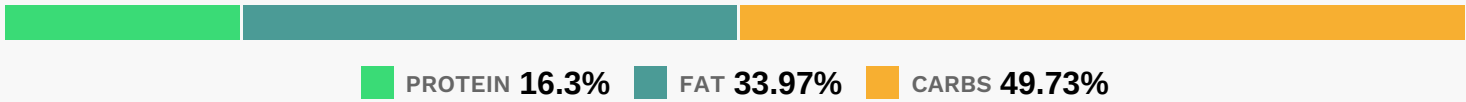
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat. While pasta cooks, heat a large nonstick skillet over medium-high heat.
- ☐ Add olive oil and minced garlic to skillet; cook until garlic is fragrant.
- ☐ Add beans and chopped plum tomatoes; reduce heat to low, and cook, stirring occasionally (about 5-7 minutes).
- ☐ Drain pasta; add to bean mixture.
- ☐ Add pesto to bean mixture; toss to combine. Divide evenly among 4 serving dishes; top each serving with 1 tablespoon shredded Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:11.99, Inflammation Score:-8, Nutrition Score:12.393912985921%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 282.3kcal (14.11%), Fat: 10.79g (16.6%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 27.87g (10.13%), Sugar: 5.52g (6.13%), Cholesterol: 5.05mg (1.68%), Sodium: 551.32mg (23.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.3%), Fiber: 7.66g (30.65%), Manganese: 0.61mg (30.43%), Vitamin A: 1194.87IU (23.9%), Phosphorus: 206.41mg (20.64%), Selenium: 14.36µg (20.51%), Vitamin C: 13.47mg (16.33%), Potassium: 539.11mg (15.4%), Calcium: 138.84mg (13.88%), Magnesium: 54.17mg (13.54%), Copper: 0.27mg (13.44%), Vitamin K: 12.1µg (11.52%), Folate: 44.72µg (11.18%), Vitamin B1: 0.17mg (11.16%), Iron: 2mg (11.13%), Vitamin B6: 0.21mg (10.29%), Zinc: 1.23mg (8.19%), Vitamin B3: 1.39mg (6.97%), Vitamin B2: 0.12mg (6.92%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.33mg (3.3%)