



Pappardelle with Bean Bolognese Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.7 cup garbanzo beans canned drained
- ☐ 0.7 cup kidney beans canned drained
- ☐ 28 canned tomatoes italian-style drained chopped canned (juice reserved)
- ☐ 0.7 cup beans white canned drained
- ☐ 1 large carrots chopped
- ☐ 1 large celery stalk chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white

- ☐ 0.8 teaspoon rosemary fresh minced
- ☐ 2 garlic cloves chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 8 ounces pappardelle dried such as mafaldine
- ☐ 5 ounces parmesan cheese divided grated
- ☐ 3 tablespoons parsley fresh italian divided chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup vegetable broth
- ☐ 2 tablespoons whipping cream

Equipment

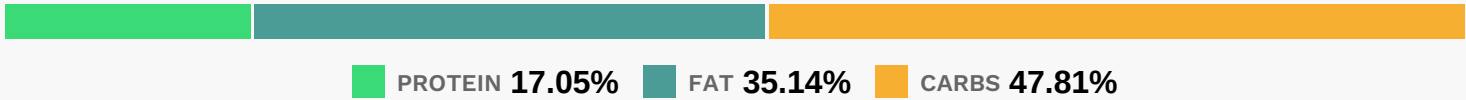
- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add onion, carrot, celery, 2 tablespoons parsley, garlic, rosemary, thyme, and bay leaf. Sauté until vegetables begin to brown, about 8 minutes.
- ☐ Add tomato paste; stir 1 minute.
- ☐ Add squash; stir 1 minute.
- ☐ Add chopped tomatoes and all beans; stir 1 minute.
- ☐ Add wine and simmer 2 minutes.
- ☐ Mix in broth, cream, and reserved tomato juice. Simmer until sauce thickens, stirring occasionally, about 20 minutes. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly, then cover and chill. Rewarm before using.)
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain. Return pasta to same pot.
- ☐ Add sauce; toss over medium heat until coated.

- ☐
- Transfer to large bowl.
- ☐
- Sprinkle with 1/2 cup cheese and 1 tablespoon parsley.
- ☐
- Serve, passing remaining 1 cup cheese separately.

Nutrition Facts



Properties

Glycemic Index:110.04, Glycemic Load:23.91, Inflammation Score:-10, Nutrition Score:28.422608914583%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

Nutrients (% of daily need)

Calories: 605.63kcal (30.28%), Fat: 23.06g (35.48%), Saturated Fat: 9g (56.26%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 62.47g (22.72%), Sugar: 7.16g (7.95%), Cholesterol: 86.93mg (28.98%), Sodium: 1104.55mg (48.02%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 25.18g (50.36%), Selenium: 59.65µg (85.22%), Vitamin A: 3975.64IU (79.51%), Vitamin K: 62.72µg (59.74%), Manganese: 1.18mg (59.17%), Phosphorus: 486.26mg (48.63%), Calcium: 413.23mg (41.32%), Fiber: 8.12g (32.49%), Zinc: 3.64mg (24.25%), Vitamin B6: 0.48mg (24.07%), Magnesium: 94.09mg (23.52%), Potassium: 736.38mg (21.04%), Iron: 3.76mg (20.89%), Copper: 0.41mg (20.51%), Folate: 74.22µg (18.55%), Vitamin B2: 0.27mg (15.97%), Vitamin B1: 0.23mg (15.22%), Vitamin E: 2.22mg (14.8%), Vitamin C: 12.13mg (14.7%), Vitamin B12: 0.65µg (10.91%), Vitamin B3: 2.02mg (10.11%), Vitamin B5: 1mg (9.98%), Vitamin D: 0.47µg (3.12%)