



Pasta and Bean Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon basil
- ☐ 6 servings pepper black to taste
- ☐ 15 ounce garbanzo beans canned
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 3 cloves garlic minced
- ☐ 0.5 bell pepper green chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground paprika

- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion diced peeled
- ☐ 1 teaspoon oregano dried
- ☐ 16 ounce seashell pasta
- ☐ 0.5 bell pepper red chopped
- ☐ 6 servings salt to taste
- ☐ 0.5 cup mozzarella cheese shredded

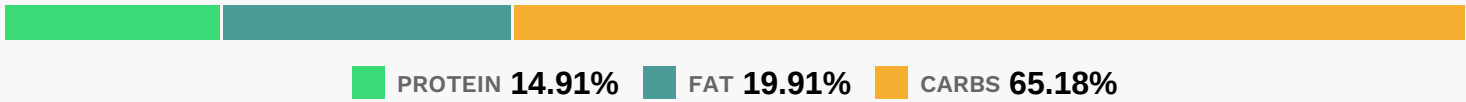
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Oil a 9x13 inch baking dish.
- ☐ Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente.
- ☐ Drain.
- ☐ Heat olive oil in a skillet over medium heat. Cook onion in oil until soft, then add garlic and red and green peppers. Stir in jalapeno, if desired. Continue cooking for 2 more minutes. Stir in tomatoes and garbanzo beans. Season with basil, oregano, paprika, cumin, coriander, and salt and pepper. Simmer with 5 minutes.
- ☐ Remove from heat, and stir in pasta.
- ☐ Transfer to prepared baking dish, and top with cheese.
- ☐ Bake in preheated oven for 30 to 40 minutes, or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:55.89, Glycemic Load:26.05, Inflammation Score:-8, Nutrition Score:17.55043468268%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 430.55kcal (21.53%), Fat: 9.54g (14.68%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 70.29g (23.43%), Net Carbohydrates: 63.57g (23.12%), Sugar: 3.62g (4.02%), Cholesterol: 7.37mg (2.46%), Sodium: 456.66mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.17%), Selenium: 51.24µg (73.2%), Manganese: 1.4mg (70.03%), Vitamin B6: 0.55mg (27.5%), Vitamin C: 22.67mg (27.48%), Fiber: 6.72g (26.86%), Phosphorus: 249.53mg (24.95%), Copper: 0.36mg (18%), Magnesium: 69.46mg (17.36%), Iron: 2.54mg (14.13%), Zinc: 1.97mg (13.14%), Vitamin A: 596.92IU (11.94%), Calcium: 108.62mg (10.86%), Potassium: 372.24mg (10.64%), Folate: 42.08µg (10.52%), Vitamin B3: 1.64mg (8.18%), Vitamin B1: 0.12mg (8.04%), Vitamin E: 1.14mg (7.61%), Vitamin K: 7.01µg (6.68%), Vitamin B5: 0.64mg (6.37%), Vitamin B2: 0.11mg (6.37%), Vitamin B12: 0.21µg (3.55%)