



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

- ☐ 1 jalapeno minced
- ☐ 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



 **PROTEIN 14.91%**  **FAT 19.89%**  **CARBS 65.2%**

Properties

Glycemic Index:61.22, Glycemic Load:26.08, Inflammation Score:-8, Nutrition Score:17.84130439551%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg 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: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 431.22kcal (21.56%), Fat: 9.55g (14.69%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 70.44g (23.48%), Net Carbohydrates: 63.66g (23.15%), Sugar: 3.71g (4.13%), Cholesterol: 7.37mg (2.46%), Sodium: 456.73mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Selenium: 51.25µg (73.22%), Manganese: 1.4mg (70.14%), Vitamin C: 25.44mg (30.83%), Vitamin B6: 0.56mg (27.99%), Fiber: 6.78g (27.12%), Phosphorus: 250.13mg (25.01%), Copper: 0.36mg (18.05%), Magnesium: 69.81mg (17.45%), Iron: 2.55mg (14.16%), Zinc: 1.97mg (13.16%), Vitamin A: 622.07IU (12.44%), Calcium: 108.9mg (10.89%), Potassium: 378.03mg (10.8%), Folate: 42.71µg (10.68%), Vitamin B3: 1.67mg (8.33%), Vitamin E: 1.22mg (8.17%), Vitamin B1: 0.12mg (8.11%), Vitamin K: 7.44µg (7.09%), Vitamin B2: 0.11mg (6.47%), Vitamin B5: 0.64mg (6.44%), Vitamin B12: 0.21µg (3.55%)