



Pasta and Beans

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce .5 can cannellini beans canned
- 1.5 tablespoons olive oil extra virgin
- 1 onion chopped
- 2 cups penne pasta
- 4 servings salt to taste
- 2 tomatoes chopped

Equipment

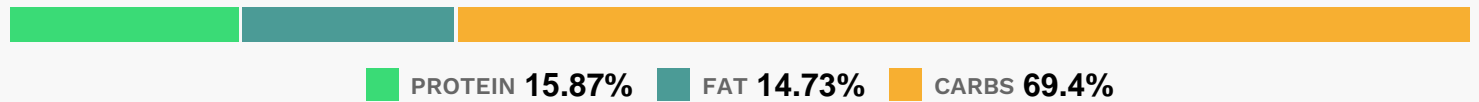
- sauce pan

pot

Directions

- In a medium size saucepan heat the olive oil.
- Saute onion until tender. Stir in tomatoes and entire can of beans.
- Let simmer for 10 minutes.
- Bring a large pot of lightly salted water to a boil.
- Add penne pasta and cook for 8 to 10 minutes or until al dente; drain.
- Mix pasta with bean mixture and salt as desired.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:23.49, Inflammation Score:-7, Nutrition Score:17.237826119299%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 398.36kcal (19.92%), Fat: 6.56g (10.09%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 69.5g (23.17%), Net Carbohydrates: 61.39g (22.32%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 206.76mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.79%), Manganese: 1.17mg (58.47%), Selenium: 37.39µg (53.41%), Fiber: 8.11g (32.43%), Folate: 93.68µg (23.42%), Magnesium: 93.55mg (23.39%), Iron: 4.16mg (23.14%), Copper: 0.46mg (22.82%), Potassium: 794.09mg (22.69%), Phosphorus: 225.79mg (22.58%), Zinc: 2.14mg (14.24%), Vitamin E: 2mg (13.3%), Vitamin C: 10.46mg (12.68%), Vitamin B1: 0.19mg (12.54%), Vitamin B6: 0.24mg (12.09%), Vitamin K: 11.27µg (10.73%), Vitamin A: 512.84IU (10.26%), Calcium: 102.07mg (10.21%), Vitamin B3: 1.47mg (7.37%), Vitamin B2: 0.09mg (5.42%), Vitamin B5: 0.53mg (5.28%)