



## Pasta and Beans

READY IN



15 min.

SERVINGS



8

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced canned
- 2 celery stalks chopped
- 14.5 ounce chicken broth canned
- 16 ounce navy beans dried
- 1 tablespoon rosemary leaves fresh
- 5 cloves garlic coarsely chopped
- 1 tablespoon kosher salt
- 8 servings olive oil extra virgin extra-virgin

- 1 large onion chopped
- 8 servings parmesan freshly grated
- 1 cup soup noodles dried such as ditalini or tubetti
- 0.3 teaspoon pepper red
- 4 sage fresh whole chopped

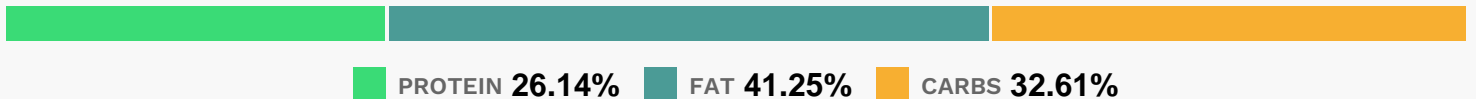
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- Combine the beans and 6 cups of water in a Dutch oven over high heat. Bring to a boil and let cook for 5 minutes, stirring occasionally.
- Remove from heat, cover, and let sit for 45 minutes.
- Drain the water, then add 10 cups more.
- Place over medium-high heat.
- Add the onion, celery, garlic, sage (whole and chopped), and rosemary to the beans; stir well. Bring to a boil, add the broth, and reduce heat to simmer. Cook 30 to 40 minutes or until the beans are just tender, stirring occasionally. Stir in the tomatoes and cook another 10 minutes.
- Add the pasta, salt, black pepper, and red pepper flakes. Continue cooking until the pasta is al dente, 5 to 7 minutes. Ladle into bowls and spoon some olive oil and Parmesan over the top of each serving.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:4.22, Inflammation Score:-8, Nutrition Score:28.027825723524%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## **Nutrients (% of daily need)**

Calories: 584.61kcal (29.23%), Fat: 27.1g (41.69%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 48.19g (16.06%), Net Carbohydrates: 32.51g (11.82%), Sugar: 5.74g (6.37%), Cholesterol: 46.09mg (15.36%), Sodium: 1674.82mg (72.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.63g (77.27%), Fiber: 15.67g (62.69%), Manganese: 1.13mg (56.64%), Phosphorus: 558.29mg (55.83%), Folate: 221.94µg (55.48%), Calcium: 478.03mg (47.8%), Selenium: 27.91µg (39.87%), Copper: 0.71mg (35.53%), Magnesium: 140.55mg (35.14%), Vitamin B1: 0.51mg (34.01%), Zinc: 4.5mg (29.97%), Potassium: 996.14mg (28.46%), Iron: 5.05mg (28.08%), Vitamin B6: 0.51mg (25.31%), Vitamin E: 2.95mg (19.65%), Vitamin B3: 3.37mg (16.83%), Vitamin B2: 0.29mg (16.78%), Vitamin K: 15.96µg (15.2%), Vitamin B12: 0.87µg (14.56%), Vitamin A: 470.7IU (9.41%), Vitamin C: 6.79mg (8.23%), Vitamin B5: 0.78mg (7.83%), Vitamin D: 0.2µg (1.34%)