



 **100%**  
HEALTH SCORE

## Pasta, Beans, 'n' Greens

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced italian-style undrained canned
- 16 ounce cannellini beans beans white rinsed drained canned
- 0.5 cup carrots finely chopped
- 15.8 ounce less-sodium chicken broth fat-free canned
- 1 garlic clove minced
- 2 teaspoons olive oil
- 0.5 cup onion finely chopped

- 0.5 teaspoon oregano dried
- 1 ounce parmesan cheese fresh grated
- 0.5 cup penne pasta) (tube-shaped uncooked
- 0.3 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped ( )

## Equipment

- sauce pan

## Directions

- Heat oil in a medium saucepan over medium-high heat.
- Add carrot, onion, and garlic; saut 5 minutes.
- Add the oregano, salt, pepper, broth, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- Increase heat to medium-high; add pasta, beans, and spinach; cook 14 minutes or until pasta is done, stirring occasionally.
- Sprinkle each serving with cheese.

## Nutrition Facts



## Properties

Glycemic Index:69.71, Glycemic Load:13.16, Inflammation Score:-10, Nutrition Score:32.805652275681%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Nutrients (% of daily need)

Calories: 301.47kcal (15.07%), Fat: 5.33g (8.2%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 49.3g (16.43%), Net Carbohydrates: 38.46g (13.99%), Sugar: 7.54g (8.37%), Cholesterol: 4.82mg (1.61%), Sodium: 922.14mg (40.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.83%), Vitamin K: 277.69µg (264.46%), Vitamin A: 11265.33IU (225.31%), Manganese: 1.5mg (75.18%), Folate: 201.46µg (50.36%), Fiber: 10.84g (43.37%), Iron: 6.68mg (37.13%), Magnesium: 148.23mg (37.06%), Potassium: 1220.79mg (34.88%), Copper: 0.64mg (31.9%), Calcium: 316.38mg (31.64%), Vitamin E: 4.71mg (31.41%), Selenium: 19.86µg (28.37%), Phosphorus: 271.96mg (27.2%), Vitamin B6: 0.46mg (23.08%), Vitamin B1: 0.3mg (19.84%), Vitamin C: 16.02mg (19.41%), Vitamin B2: 0.33mg (19.21%), Zinc: 2.45mg (16.33%), Vitamin B3: 2.82mg (14.12%), Vitamin B5: 0.87mg (8.66%), Vitamin B12: 0.31µg (5.14%)