



Pasta e Fagioli

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons bottled garlic minced
- ☐ 30 ounce cannellini beans white drained canned
- ☐ 16 ounce fat-skimmed beef broth fat-free canned
- ☐ 6 ounces turkey sausage italian hot
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 4 ounces soup noodles uncooked
- ☐ 0.5 cup pecorino cheese divided grated
- ☐ 0.3 teaspoon salt

- ☐ 8 ounce tomato sauce canned
- ☐ 1 cup water
- ☐ 0.3 teaspoon pepper white

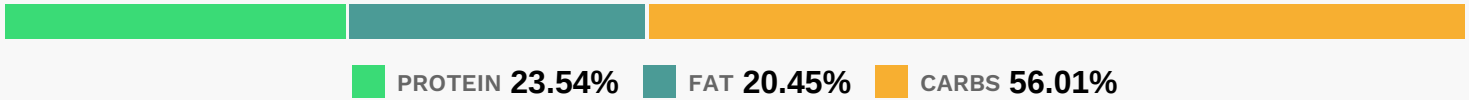
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add sausage and garlic; saut 2 minutes or until browned, stir-ring to crumble.
- ☐ Add water, broth, and tomato sauce; bring to a boil. Stir in pasta, 1/4 cup cheese, oregano, salt, pepper, and beans; bring to a boil. Cover, reduce heat, and simmer for 8 minutes or until pasta is done.
- ☐ Let stand 5 minutes; sprinkle with 1/4 cup cheese.
- ☐ Garnish each serving with parsley and red pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:13.96, Inflammation Score:-8, Nutrition Score:19.695217289354%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 348.63kcal (17.43%), Fat: 8.04g (12.37%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 41g (14.91%), Sugar: 3.4g (3.78%), Cholesterol: 23.69mg (7.9%), Sodium: 959.35mg (41.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Manganese: 1.06mg (53.2%), Iron: 8.01mg (44.51%), Selenium: 24.16µg (34.52%), Fiber: 8.54g (34.18%), Phosphorus: 305.64mg (30.56%), Folate: 103.85µg (25.96%), Potassium: 905.08mg (25.86%), Magnesium: 102mg (25.5%), Copper: 0.5mg (24.84%), Calcium: 226.64mg (22.66%), Zinc: 2.83mg (18.89%), Vitamin B6: 0.35mg (17.38%), Vitamin C: 12.46mg (15.11%), Vitamin E:

2.13mg (14.23%), Vitamin B1: 0.2mg (13.27%), Vitamin B3: 2.38mg (11.88%), Vitamin B2: 0.19mg (11.23%), Vitamin K: 9.95µg (9.47%), Vitamin B5: 0.84mg (8.39%), Vitamin B12: 0.37µg (6.11%), Vitamin A: 247.92IU (4.96%)