



Pasta e Fagioli

READY IN



45 min.

SERVINGS



1

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup tomatoes diced canned drained
- 0.5 cup beans white drained and rinsed canned
- 1 clove garlic sliced
- 1 teaspoon olive oil
- 1 ounce parmesan grated
- 0.5 cup pasta whole-wheat

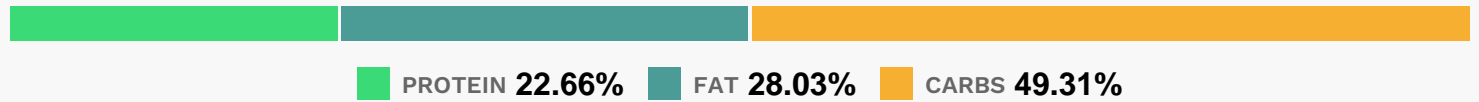
Equipment

- frying pan

Directions

- Cook the pasta according to the package directions. Meanwhile, heat the oil in a small skillet over medium-high heat.
- Add the garlic and cook 1 minute.
- Add the tomatoes and beans and cook, stirring occasionally, until heated through, about 3 minutes.
- Add the cooked pasta.
- Remove from heat and stir in the Parmesan.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:5.08, Inflammation Score:-7, Nutrition Score:21.267825932606%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 377.79kcal (18.89%), Fat: 12.17g (18.73%), Saturated Fat: 5.37g (33.59%), Carbohydrates: 48.19g (16.06%), Net Carbohydrates: 42.63g (15.5%), Sugar: 3.37g (3.75%), Cholesterol: 19.28mg (6.43%), Sodium: 633.22mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Manganese: 1.53mg (76.28%), Calcium: 455.66mg (45.57%), Selenium: 30.26µg (43.22%), Phosphorus: 382.98mg (38.3%), Iron: 5.23mg (29.08%), Magnesium: 114.97mg (28.74%), Fiber: 5.56g (22.24%), Copper: 0.44mg (22.23%), Folate: 86.95µg (21.74%), Potassium: 734.58mg (20.99%), Vitamin B1: 0.3mg (20.23%), Zinc: 2.7mg (17.97%), Vitamin B6: 0.33mg (16.51%), Vitamin C: 12.1mg (14.66%), Vitamin E: 2.16mg (14.43%), Vitamin B2: 0.24mg (14.08%), Vitamin B3: 2.59mg (12.96%), Vitamin K: 9.02µg (8.59%), Vitamin B5: 0.75mg (7.49%), Vitamin A: 362.08IU (7.24%), Vitamin B12: 0.34µg (5.67%)