



Pasta e Fagioli al Forno

READY IN



50 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons butter
- 1 carrots grated peeled
- 2 ribs celery from the heart with leafy tops, chopped
- 0.5 cup cooking wine dry white
- 2 tablespoons flour all-purpose
- 1 bay leaf fresh
- 2 sprigs rosemary fresh finely chopped
- 3 sprigs thyme leaves fresh finely chopped

- 2 large cloves garlic finely chopped
- 2 cups milk
- 6 servings nutmeg to taste
- 1 tablespoon olive oil extra-virgin
- 1 onion peeled chopped
- 0.3 pound pancetta thick cut
- 1 pound penne rigate whole-wheat
- 15 ounce beans "roman" beans white such as goya brand or, cannellini beans, rinsed and drained
canned
- 1.5 cups romano grated
- 6 servings salt

Equipment

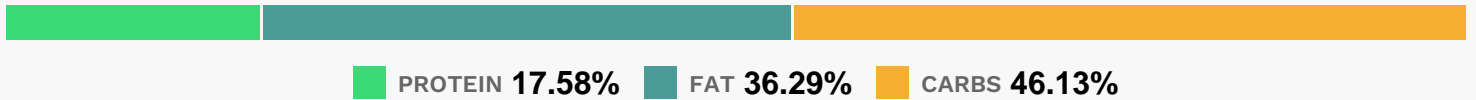
- frying pan
- oven
- whisk
- pot
- casserole dish
- broiler

Directions

- Pasta e Fagioli is a dish I keep revisiting trying to play around with methods for it so I can keep making it new to me. Here, the classic soup turns into a baked pasta dish. Loosen your belts and open wide. Have your blankies ready for a family nap.
- Bring a large pot of water to a boil, salt it, cook pasta to just shy of al dente.
- Chop pancetta into 1/4-inch dice.
- While pasta cooks, heat a skillet with olive oil over medium to medium-high heat.
- Add pancetta, cook 2 to 3 minutes then add celery, carrot, onions, garlic, rosemary, thyme and bay leaf to the skillet, season with salt and pepper.
- Saute the vegetables until tender, 6 to 7 minutes.

- Add beans and heat them through. Stir in 1/2 cup wine, simmer 30 seconds more and turn off heat.
- Remove bay leaf.
- While vegetables cook, place a small sauce pot over medium heat, add butter, melt butter then whisk in flour and cook 1 minute then whisk in milk. Season sauce with salt, pepper and nutmeg and reduce 4 to 5 minutes, stir in half the grated cheese, turn off heat and adjust seasoning.
- While sauce cooks, place a rack in the middle of the oven and preheat broiler to high.
- Drain pasta and return to the pot, toss with white bean mixture and sauce, stir to coat, transfer to a casserole dish, top with remaining cheese and place in oven to brown, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:86.47, Glycemic Load:8.04, Inflammation Score:-9, Nutrition Score:17.720434748608%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 663.45kcal (33.17%), Fat: 25.89g (39.83%), Saturated Fat: 11.78g (73.6%), Carbohydrates: 74.03g (24.68%), Net Carbohydrates: 63.77g (23.19%), Sugar: 8.11g (9.01%), Cholesterol: 58.27mg (19.42%), Sodium: 703.44mg (30.58%), Alcohol: 2.06g (100%), Alcohol %: 0.75% (100%), Protein: 28.22g (56.43%), Calcium: 443.27mg (44.33%), Vitamin A: 2146.24IU (42.92%), Fiber: 10.26g (41.05%), Phosphorus: 389.87mg (38.99%), Manganese: 0.57mg (28.3%), Potassium: 630.41mg (18.01%), Magnesium: 70.52mg (17.63%), Vitamin B2: 0.29mg (16.86%), Selenium: 11.35µg (16.22%), Folate: 64.81µg (16.2%), Iron: 2.85mg (15.86%), Vitamin B1: 0.22mg (14.87%), Zinc: 2.18mg (14.53%), Vitamin B12: 0.82µg (13.69%), Vitamin B6: 0.25mg (12.47%), Copper: 0.23mg (11.47%), Vitamin K: 10.17µg (9.69%), Vitamin E: 1.29mg (8.62%), Vitamin B5: 0.76mg (7.63%), Vitamin D: 1.1µg (7.3%), Vitamin B3: 1.32mg (6.62%), Vitamin C: 3.56mg (4.31%)