



Pasta e Fagioli ala Weeble

READY IN



40 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon diced
- ☐ 1 quart chicken broth
- ☐ 1 cup ditalini pasta
- ☐ 1 pinch chile pepper dried crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 1 onion diced

- ☐ 15 ounce romano beans drained canned
- ☐ 4 teaspoons romano cheese grated to taste
- ☐ 0.3 cup tomato paste

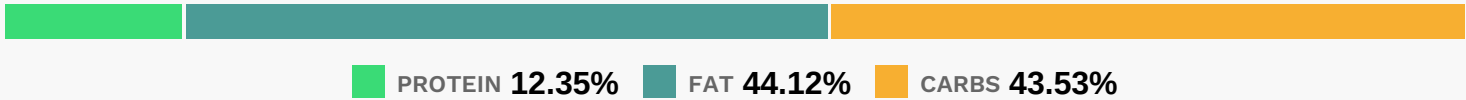
Equipment

- ☐ pot

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat; stir in the ditalini, and return to a boil. Cook, uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 6 minutes; drain.
- ☐ Heat olive oil in a large pot over medium heat; stir in onion and bacon and saute until onions are soft, about 5 minutes. Stir garlic into onion mixture; cook over medium-low heat just until fragrant, about 1 minute.
- ☐ Stir chicken broth, beans, tomato paste, and chile pepper into onion-bacon mixture; bring to a simmer and cook until fully heated through, about 10 minutes. Stir ditalini and parsley into the soup; season with salt and pepper.
- ☐ Sprinkle each serving with Romano cheese.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:3.93, Inflammation Score:-8, Nutrition Score:20.289999863376%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 419.85kcal (20.99%), Fat: 21.01g (32.33%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 41.11g (14.95%), Sugar: 8.91g (9.9%), Cholesterol: 20.29mg (6.76%), Sodium: 1176.58mg (51.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Vitamin K: 87.34µg (83.18%), Selenium: 33.93µg (48.47%), Manganese: 0.85mg (42.71%), Vitamin C: 21.8mg (26.42%), Vitamin A: 1236.22IU (24.72%), Fiber: 5.55g (22.19%), Vitamin B2: 0.34mg (19.77%), Vitamin E: 2.92mg (19.47%), Phosphorus: 194.1mg (19.41%), Potassium: 634.38mg (18.13%), Vitamin B6: 0.36mg (18%), Vitamin B1: 0.26mg (17.55%), Vitamin B3: 3.49mg (17.47%), Magnesium: 65.65mg (16.41%), Copper: 0.32mg (15.98%), Iron: 2.68mg (14.91%), Folate: 53.13µg (13.28%), Zinc: 1.49mg (9.94%), Calcium: 87.71mg (8.77%), Vitamin B5: 0.65mg (6.46%), Vitamin B12: 0.17µg (2.81%)