

Pasta e Fagioli II

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef broth
- 4.5 cups chicken broth
- 2 cups cranberry beans
- 8 ounce farfalle pasta
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic crushed
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 2 tablespoons parmesan cheese grated

- 1 tablespoon tomato paste
- 6 cups water cold
- 0.5 cup wine

Equipment

- pot

Directions

- In a large pot, place cranberry beans and water. Bring to a boil. Cover pot and turn heat off. Allow to stand for one hour on burner.
- Drain beans and return to large cooking pot.
- Add wine, beef broth, and chicken broth. Bring to boil, cover and simmer for 30 minutes.
- Puree half of the beans. Return to the pot.
- Add the garlic, tomato paste, parsley, and farfalle pasta. Simmer gently, uncovered, for 25 to 30 minutes, or until pasta is tender and soup is thick. Stir in the grated Parmesan cheese.
- Garnish with drizzled olive oil, and additional grated Parmesan cheese.

Nutrition Facts



PROTEIN 20.15% **FAT 17.6%** **CARBS 62.25%**

Properties

Glycemic Index:27.33, Glycemic Load:11.75, Inflammation Score:-6, Nutrition Score:14.364782550413%

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: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 308.98kcal (15.45%), Fat: 5.77g (8.88%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 38.67g (14.06%), Sugar: 2.32g (2.57%), Cholesterol: 9.81mg (3.27%), Sodium: 1115.68mg (48.51%), Alcohol: 2.06g (100%), Alcohol %: 0.42% (100%), Protein: 14.88g (29.76%), Selenium: 28.82µg (41.18%), Manganese: 0.72mg (35.94%), Folate: 133.56µg (33.39%), Fiber: 7.29g (29.18%), Vitamin K: 23.84µg (22.71%), Phosphorus: 223.21mg (22.32%), Copper: 0.33mg (16.49%), Magnesium: 61.95mg (15.49%), Vitamin B1: 0.21mg (13.68%), Potassium: 455.5mg (13.01%), Vitamin B2: 0.22mg (12.89%), Calcium: 127.57mg (12.76%), Iron: 2.27mg (12.62%), Zinc: 1.74mg (11.59%), Vitamin B3: 2.09mg (10.47%), Vitamin B6: 0.15mg (7.54%), Vitamin A: 219.12IU (4.38%), Vitamin E: 0.61mg (4.07%), Vitamin B5: 0.39mg (3.87%), Vitamin C: 2.83mg (3.42%), Vitamin B12: 0.19µg (3.15%)