

Pasta e Fagioli III

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce .5 can cannellini beans canned
- 1 pound ditalini pasta
- 1 medium head endive rinsed quartered
- 6 cloves garlic chopped
- 0.5 cup mushrooms chopped
- 3 tablespoons olive oil
- 1 onion chopped
- 1 pinch oregano dried

- 6 servings salt and pepper to taste
- 16 ounces tomato sauce
- 1 tablespoon sugar white

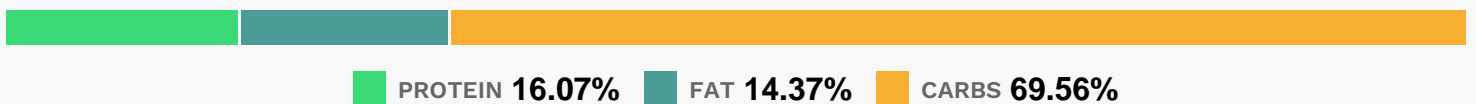
Equipment

- frying pan
- pot

Directions

- Cook pasta in a large pot of boiling water until done, approximately 8 to 10 minutes.
- Drain pasta, but reserve water for later use.
- In a large skillet over medium heat, warm oil and saute garlic, onion, and mushrooms until soft.
- Place escarole on top of vegetables in the skillet, and cover until the escarole is wilts. Stir in tomato sauce and beans. Season with oregano and sugar, and salt and pepper to taste. Simmer over low heat for approximately 15 to 20 minutes.
- Mix the cooked pasta into the sauce.
- Mix in 1 cup of the reserved pasta water; stir in more if necessary to achieve desired consistency.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:10.7, Inflammation Score:-9, Nutrition Score:33.150000081276%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 7.7mg, Kaempferol: 7.7mg, Kaempferol: 7.7mg, Kaempferol: 7.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 556.14kcal (27.81%), Fat: 9g (13.84%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 98g (32.67%), Net Carbohydrates: 84.85g (30.86%), Sugar: 8.27g (9.19%), Cholesterol: 0mg (0%), Sodium: 582.06mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.63g (45.27%), Vitamin K: 183.99µg (175.23%), Manganese: 1.9mg (94.91%), Selenium: 51.92µg (74.18%), Folate: 224.02µg (56.01%), Fiber: 13.14g (52.58%), Vitamin A: 1953.51IU (39.07%), Potassium: 1336.74mg (38.19%), Copper: 0.75mg (37.52%), Iron: 6.75mg (37.48%), Magnesium: 138.3mg (34.58%), Phosphorus: 330.09mg (33.01%), Vitamin E: 3.64mg (24.26%), Zinc: 3.52mg (23.47%), Vitamin B1: 0.3mg (20.21%), Vitamin B6: 0.37mg (18.52%), Calcium: 179.3mg (17.93%), Vitamin B5: 1.66mg (16.57%), Vitamin C: 12.63mg (15.31%), Vitamin B2: 0.24mg (14.36%), Vitamin B3: 2.83mg (14.13%)