



Pasta e Fagioli III

 Dairy Free  Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



917 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce canned tomatoes diced canned
- 1 carrots diced
- 2 stalks celery diced
- 16 ounce navy beans dried
- 8 ounce elbow macaroni
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic minced
- 1 tablespoon olive oil

- 1 onion chopped
- 10 ounce pork hocks smoked
- 0.5 teaspoon pepper flakes red to taste
- 4 servings salt and pepper to taste
- 1 cup water

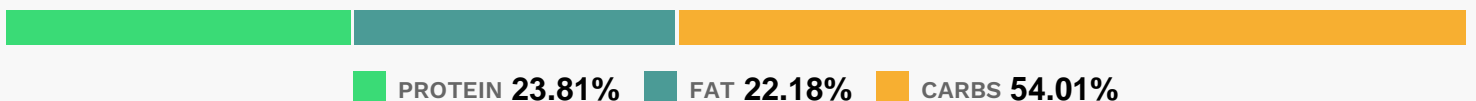
Equipment

- sauce pan
- pot
- dutch oven

Directions

- Place navy beans, ham bone, and 10 cups of water into a large saucepan or Dutch oven. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beans are tender, from 1 1/2 to 2 hours.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente.
- Drain, rinse with cold water to chill, then set aside.
- Once beans are nearly ready, heat olive oil in a Dutch oven over medium heat. Stir in onion and garlic, cook until the onion has softened and turned translucent, about 5 minutes. Stir in tomatoes, celery, carrot, red pepper flakes, and 1 cup of water; bring to a simmer, then reduce heat to medium-low and cook until the carrot has softened, about 10 minutes. While the tomato mixture simmers, remove the ham bone from the beans. Separate the meat from the bone; dice the meat, and discard the bone.
- To finish the soup, stir the beans, cooked macaroni, and diced ham into the tomato mixture; add additional water if needed to make a chunky soup. Season to taste with salt and pepper; simmer until the macaroni and beans are both quite tender, from 5 to 15 minutes. Stir in chopped parsley before serving.

Nutrition Facts



Properties

Glycemic Index:51.46, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:46.436522152113%

Flavonoids

Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 917.03kcal (45.85%), Fat: 22.84g (35.13%), Saturated Fat: 6.94g (43.36%), Carbohydrates: 125.11g (41.7%), Net Carbohydrates: 92.06g (33.48%), Sugar: 13.12g (14.58%), Cholesterol: 77.25mg (25.75%), Sodium: 565.98mg (24.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.17g (110.33%), Fiber: 33.05g (132.21%), Manganese: 2.46mg (122.94%), Folate: 456.22µg (114.05%), Selenium: 49.59µg (70.85%), Vitamin B1: 1.05mg (69.91%), Copper: 1.36mg (68.18%), Magnesium: 260.49mg (65.12%), Potassium: 2228.57mg (63.67%), Phosphorus: 628.44mg (62.84%), Vitamin A: 3124.63IU (62.49%), Iron: 9.96mg (55.31%), Vitamin K: 52.09µg (49.61%), Vitamin B6: 0.84mg (41.99%), Zinc: 5.42mg (36.12%), Calcium: 260.28mg (26.03%), Vitamin B3: 5.15mg (25.74%), Vitamin C: 17.35mg (21.03%), Vitamin B2: 0.31mg (18.44%), Vitamin B5: 1.55mg (15.52%), Vitamin E: 2.28mg (15.19%)