



## Pasta e Fagioli (Pasta and Beans)

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons olive oil
- 15 ounce cannellini beans rinsed drained (or Great Northern beans)
- 1 cup vegetable stock low-sodium
- 3 cups water
- 2 small tomatoes diced (you could also use)
- 0.3 cup onion diced
- 2 garlic clove minced
- 0.8 cup elbow macaroni or any small pasta)
- 0.3 cup parmesan grated

- 1 teaspoon pepper flakes hot
- 0.3 teaspoon salt
- 1 teaspoon pepper black
- 1 tablespoon parsley fresh for garnish if you'd like (more )

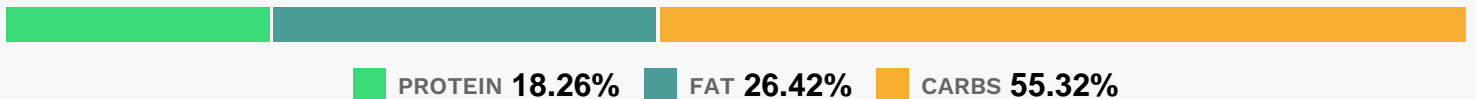
## Equipment

- bowl
- frying pan

## Directions

- In a large stock pan over medium-high heat, add the olive oil and the onion. Allow the onion to cook until it is tender (about 3 minutes).
- Add the tomato (or marinara sauce) and garlic and incorporate it into the mixture. Cook for just 1-2 minutes (be careful not to burn the garlic).
- Add the vegetable stock, water, salt, pepper and red pepper flakes. Bring this to a boil and then add your pasta. Lower the heat and allow the pasta to cook until its about 3/4 of the way finished (still slightly firm).
- Add your beans and allow the mixture to continue cooking until the pasta is fully cooked (about 10-15 minutes).
- Add the parsley toward the end of your cooking time. Taste and adjust the seasoning as needed.
- Serve in individual bowls with extra parsley as garnish and sprinkle with the Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:47.17, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:10.079565217391%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin:

0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Taste

Sweetness: 34.5%, Saltiness: 94.02%, Sourness: 44.03%, Bitterness: 100%, Savoriness: 37.54%, Fattiness: 63.97%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 213.75kcal (10.69%), Fat: 6.36g (9.78%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 24.17g (8.79%), Sugar: 1.19g (1.32%), Cholesterol: 2.83mg (0.94%), Sodium: 331.32mg (14.41%), Protein: 9.89g (19.77%), Manganese: 0.6mg (29.97%), Fiber: 5.78g (23.12%), Selenium: 15.1µg (21.57%), Folate: 78.32µg (19.58%), Phosphorus: 183.76mg (18.38%), Vitamin K: 14.55µg (13.85%), Copper: 0.26mg (12.92%), Magnesium: 49.79mg (12.45%), Calcium: 110.76mg (11.08%), Iron: 1.91mg (10.64%), Potassium: 345.58mg (9.87%), Vitamin B1: 0.14mg (9.07%), Vitamin B6: 0.14mg (6.9%), Zinc: 1.03mg (6.89%), Vitamin E: 0.72mg (4.81%), Vitamin C: 3.83mg (4.65%), Vitamin B2: 0.07mg (4.19%), Vitamin B3: 0.83mg (4.16%), Vitamin A: 184.26IU (3.69%), Vitamin B5: 0.31mg (3.07%)