



Pasta Skillet with Tomatoes and Beans

READY IN



20 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups angel hair hot cooked uncooked (6 ounces pasta)
- ☐ 2 ounces asiago cheese grated
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

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2 cups tomatoes chopped

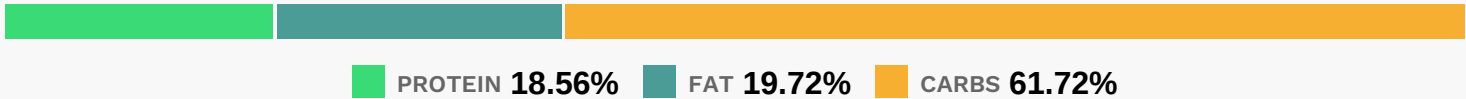
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add tomato and garlic, and saut 2 minutes.
- ☐ Add pasta, basil, salt, pepper, and chickpeas; cook 2 minutes.
- ☐ Place mixture in a bowl; stir in cheese and vinegar, and garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:82.33, Glycemic Load:22.66, Inflammation Score:-7, Nutrition Score:19.300434847241%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 402.29kcal (20.11%), Fat: 8.83g (13.59%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 54.56g (19.84%), Sugar: 4.8g (5.33%), Cholesterol: 9.64mg (3.21%), Sodium: 832.54mg (36.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.41%), Manganese: 1.59mg (79.44%), Selenium: 41.17µg (58.81%), Vitamin B6: 0.7mg (34.78%), Phosphorus: 316.14mg (31.61%), Fiber: 7.64g (30.55%), Calcium: 236.48mg (23.65%), Copper: 0.4mg (19.96%), Magnesium: 77.38mg (19.35%), Vitamin K: 20.07µg (19.11%), Vitamin A: 906.84IU (18.14%), Iron: 2.6mg (14.47%), Potassium: 498.8mg (14.25%), Zinc: 2.12mg (14.12%), Vitamin C: 11.32mg (13.73%), Folate: 51.86µg (12.97%), Vitamin B1: 0.12mg (8.2%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.72mg (7.18%), Vitamin B2: 0.12mg (6.8%), Vitamin E: 0.81mg (5.4%), Vitamin B12: 0.17µg (2.83%)