



Pasta with Beans

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings garnish: basil sprigs fresh
- ☐ 2 tablespoons butter
- ☐ 15 ounce canned tomatoes undrained canned
- ☐ 16 ounce kidney beans white rinsed drained canned
- ☐ 1 carrots diced
- ☐ 8 ounces elbow macaroni cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olive oil

- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons or dried fresh chopped

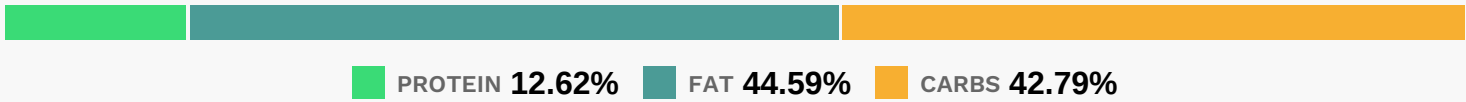
Equipment

- ☐ frying pan

Directions

- ☐ Drain tomatoes, reserving 1/4 cup liquid. Chop tomatoes.
- ☐ Saute onion and next 5 ingredients in hot oil in a large skillet over medium-high heat until onion is tender.
- ☐ Add tomatoes, reserved liquid, salt, pepper, and, if desired, sugar. Cover, reduce heat, and simmer 10 minutes. Stir in beans; cover and simmer 10 minutes.
- ☐ Toss cooked macaroni with butter; top with bean mixture, and sprinkle with Parmesan cheese.
- ☐ Serve immediately with French bread.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:102.38, Glycemic Load:17.3, Inflammation Score:-10, Nutrition Score:22.863477958933%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 433.41kcal (21.67%), Fat: 22.13g (34.05%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 37.24g (13.54%), Sugar: 9.1g (10.11%), Cholesterol: 4.25mg (1.42%), Sodium: 1192.6mg (51.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.19%), Vitamin K: 73.86µg (70.34%), Vitamin A: 3363.69IU (67.27%), Manganese: 0.92mg (46.21%), Fiber: 10.54g (42.16%), Selenium: 18.68µg (26.69%), Vitamin E: 3.85mg (25.64%), Phosphorus: 252.48mg (25.25%), Copper: 0.47mg (23.51%), Iron: 4.19mg (23.27%), Potassium: 774.94mg (22.14%), Vitamin C: 17.14mg (20.78%), Magnesium: 81.03mg (20.26%), Calcium: 190.26mg (19.03%), Vitamin B6: 0.37mg (18.72%), Vitamin B1: 0.24mg (16.27%), Folate: 63.13µg (15.78%), Vitamin B3: 2.39mg (11.96%), Vitamin B2: 0.2mg (11.55%), Zinc: 1.64mg (10.95%), Vitamin B5: 0.65mg (6.5%), Vitamin B12: 0.08µg (1.37%)