



HEALTH SCORE

75%

Pasta with Beans and Greens



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces bow tie pasta uncooked
- ☐ 15 ounce cannellini beans rinsed drained canned
- ☐ 2 garlic cloves minced
- ☐ 6 ounces kale fresh chopped
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.3 cup parmesan cheese shredded

- ☐ 0.5 teaspoon pepper
- ☐ 6 ounce portobello mushroom caps halved sliced
- ☐ 0.5 teaspoon salt

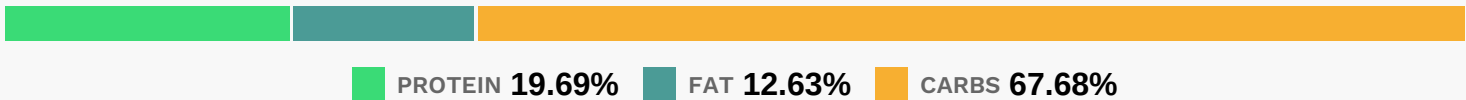
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Place pasta in a large bowl; set aside.
- ☐ Saute onion and mushrooms in hot oil in a large skillet over medium heat 5 minutes.
- ☐ Add kale and next 4 ingredients; cook, stirring often, 15 minutes or until kale is tender.
- ☐ Add beans, and cook 1 minute.
- ☐ Add bean mixture to pasta; toss gently.
- ☐ Sprinkle with cheese.
- ☐ *1 (8-ounce) package sliced fresh mushrooms may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:12.04, Inflammation Score:-9, Nutrition Score:22.889130413532%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.94mg, Isorhamnetin: 7.94mg, Isorhamnetin: 7.94mg, Isorhamnetin: 7.94mg Kaempferol: 13.43mg, Kaempferol: 13.43mg, Kaempferol: 13.43mg, Kaempferol: 13.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 283.51kcal (14.18%), Fat: 4.05g (6.23%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 42.15g (15.33%), Sugar: 3.1g (3.44%), Cholesterol: 2.83mg (0.94%), Sodium: 296.25mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Vitamin K: 111.86µg (106.54%), Vitamin A: 2866.16IU (57.32%), Selenium: 33.54µg (47.91%), Manganese: 0.91mg (45.69%), Vitamin C: 29.56mg (35.83%), Fiber: 6.7g (26.81%), Phosphorus: 263.8mg (26.38%), Folate: 94.83µg (23.71%), Calcium: 177.7mg (17.77%), Copper: 0.36mg (17.76%), Magnesium: 70.8mg (17.7%), Potassium: 615.35mg (17.58%), Vitamin B3: 3.17mg (15.83%), Vitamin B2: 0.23mg (13.78%), Vitamin B1: 0.2mg (13.3%), Vitamin B6: 0.26mg (13.15%), Iron: 2.36mg (13.1%), Zinc: 1.47mg (9.77%), Vitamin B5: 0.77mg (7.67%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.1µg (1.73%)