



## Pasta with Beans and Spinach

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon teaspoon basil dried fresh chopped
- 15 ounce cannellini beans beans white canned
- 1 garlic clove minced
- 1.5 cups gemelli tube-shaped uncooked (short pasta) (bow tie pasta)
- 2 tablespoons olive oil extra-virgin
- 2 ounces preshredded parmesan cheese fresh
- 0.5 teaspoon pepper freshly ground
- 0.3 teaspoon salt

- 4 cups torn spinach
- 2 tablespoons balsamic vinegar white

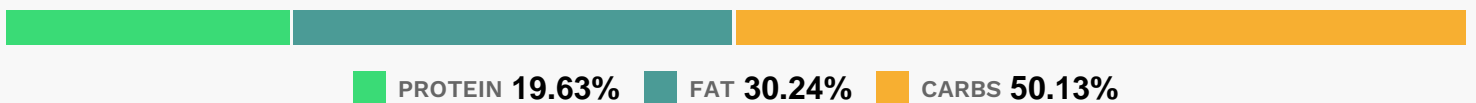
## Equipment

- bowl
- frying pan
- colander

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Place beans in a colander; place spinach on top of beans. Set aside.
- Combine olive oil and next 4 ingredients in a small bowl.
- When pasta is done, remove 1/4 cup pasta water from pan; set aside.
- Pour remaining pasta water and pasta over spinach and beans in colander. Stir 1/4 cup reserved pasta water into reserved olive oil mixture.
- Drain pasta mixture well; place in a large bowl.
- Pour olive oil mixture over pasta mixture; toss well.
- Sprinkle with Parmesan cheese and pepper; toss well.
- Let stand 5 minutes; serve warm.

## Nutrition Facts



## Properties

Glycemic Index:78.5, Glycemic Load:13.2, Inflammation Score:-9, Nutrition Score:22.836086790199%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 337.91kcal (16.9%), Fat: 11.44g (17.6%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 36.1g (13.13%), Sugar: 2.36g (2.62%), Cholesterol: 9.64mg (3.21%), Sodium: 404.97mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.41%), Vitamin K: 154.96µg (147.58%), Vitamin A: 2951.61IU (59.03%), Manganese: 1.09mg (54.34%), Folate: 132.75µg (33.19%), Calcium: 285.53mg (28.55%), Selenium: 19.53µg (27.9%), Fiber: 6.57g (26.28%), Phosphorus: 255.68mg (25.57%), Iron: 4.55mg (25.29%), Magnesium: 97.98mg (24.49%), Potassium: 730.13mg (20.86%), Copper: 0.36mg (18.24%), Vitamin E: 2.52mg (16.8%), Zinc: 2.08mg (13.86%), Vitamin C: 8.75mg (10.61%), Vitamin B1: 0.15mg (10.21%), Vitamin B6: 0.19mg (9.69%), Vitamin B2: 0.16mg (9.31%), Vitamin B5: 0.39mg (3.86%), Vitamin B3: 0.77mg (3.85%), Vitamin B12: 0.17µg (2.83%)