



Pasta with Chard and Chickpeas

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces portabello mushrooms sliced
- 1.5 cups chickpeas rinsed cooked drained (1 can)
- 8 cloves garlic minced
- 1 medium onion thinly sliced
- 2 tablespoons balsamic vinegar (or 1 tbsp. balsamic vinegar)
- 0.1 teaspoon pepper red to taste (or)
- 1 pound rotini pasta whole wheat
- 8 servings pepper black freshly ground to taste

- 6 leaves swiss chard trimmed (1 bunch, 10 ounces)
- 2 tablespoons tomato paste (I used 2 tbsp. of double-strength)
- 0.3 cup water

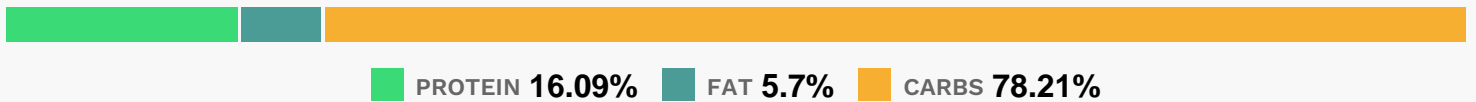
Equipment

- frying pan

Directions

- Heat water for pasta and begin to cook it according to package directions. While the pasta is cooking, wash the chard and remove the stems; set them aside for another use. Chop the leaves coarsely. Over medium-high heat, heat a large non-stick pan.
- Add the onion and sprinkle it lightly with salt. Cook, stirring, until onion begins to brown.
- Add garlic, red pepper flakes, and mushrooms and reduce heat. Cook, stirring, until mushrooms soften, adding a tablespoon or two of water if needed to prevent sticking.
- Add tomato paste and water and stir to combine.
- Add chickpeas and simmer until pasta is done. When pasta is cooked, remove and reserve 1 cup of the cooking liquid before draining.
- Add 1/2 cup of the liquid to chickpeas. Stir in the chard and cover. Cook until chard is just wilted, about 2-3 minutes. Stir in the pasta, add additional pasta water if necessary to moisten, and add salt and pepper to taste. Just before serving, stir in orange juice or balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:35.47, Glycemic Load:20.02, Inflammation Score:-9, Nutrition Score:20.469130491109%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 287.85kcal (14.39%), Fat: 1.83g (2.81%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 51.05g (18.56%), Sugar: 5.44g (6.05%), Cholesterol: 0mg (0%), Sodium: 117.99mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.23%), Vitamin K: 300.85µg (286.52%), Selenium: 40.65µg (58.07%), Manganese: 1.08mg (53.83%), Vitamin A: 2281.42IU (45.63%), Fiber: 5.41g (21.63%), Copper: 0.41mg (20.49%), Phosphorus: 203.6mg (20.36%), Magnesium: 78.55mg (19.64%), Folate: 75.31µg (18.83%), Vitamin C: 14.03mg (17.01%), Iron: 2.56mg (14.23%), Potassium: 483.04mg (13.8%), Vitamin B6: 0.24mg (12.16%), Zinc: 1.56mg (10.43%), Vitamin B3: 2.07mg (10.36%), Vitamin B1: 0.12mg (8.29%), Vitamin E: 1.04mg (6.96%), Vitamin B2: 0.12mg (6.93%), Vitamin B5: 0.6mg (5.98%), Calcium: 57.64mg (5.76%)