



## Pasta with Chickpeas and Garlic Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 0.3 teaspoon pepper red crushed
- 14 ounce less-sodium chicken broth fat-free canned
- 1 tablespoon parsley fresh minced
- 2 garlic cloves crushed peeled
- 2 garlic cloves minced
- 0.5 cup grape tomatoes halved
- 0.8 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh

- 2 teaspoons olive oil
- 3 tablespoons parmigiano-reggiano cheese shredded
- 6 ounces seashell pasta uncooked

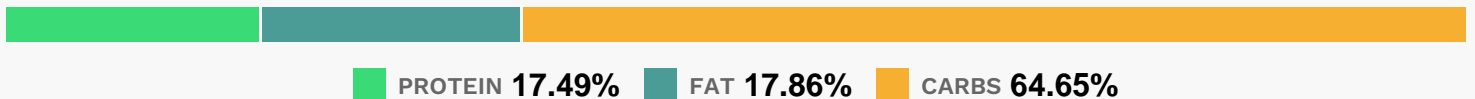
## Equipment

- food processor
- sauce pan

## Directions

- Heat oil in a medium saucepan over medium heat.
- Add crushed garlic; saut 1 minute.
- Add salt, pepper, chickpeas, and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- While garlic mixture simmers, cook pasta in boiling water 9 minutes, omitting salt and fat; drain well.
- Place chickpea mixture in a food processor, and process until smooth.
- Combine chickpea mixture, pasta, tomatoes, minced garlic, fresh parsley, and lemon juice; toss well.
- Sprinkle with cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:59.83, Glycemic Load:17.3, Inflammation Score:-5, Nutrition Score:15.126956312553%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg  
Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 300.15kcal (15.01%), Fat: 6.01g (9.24%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 42.37g (15.41%), Sugar: 1.95g (2.16%), Cholesterol: 2.55mg (0.85%), Sodium: 1214mg (52.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.48%), Manganese: 1.38mg (68.85%), Selenium: 32.56µg (46.51%), Vitamin B6: 0.65mg (32.73%), Fiber: 6.57g (26.27%), Phosphorus: 215.51mg (21.55%), Vitamin K: 19.36µg (18.44%), Copper: 0.33mg (16.73%), Magnesium: 58.56mg (14.64%), Iron: 2.28mg (12.65%), Calcium: 105.35mg (10.53%), Zinc: 1.57mg (10.44%), Folate: 41.56µg (10.39%), Potassium: 354.36mg (10.12%), Vitamin B3: 1.59mg (7.96%), Vitamin C: 6.38mg (7.73%), Vitamin B5: 0.69mg (6.92%), Vitamin A: 322.71IU (6.45%), Vitamin B1: 0.1mg (6.45%), Vitamin B2: 0.08mg (4.99%), Vitamin B12: 0.24µg (4.06%), Vitamin E: 0.51mg (3.38%)