



Pasta With Escarole and Chickpeas

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



617 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1.5 pounds endive
- ☐ 12 ounces fusilli pasta
- ☐ 6 cloves garlic thinly sliced
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper flakes red

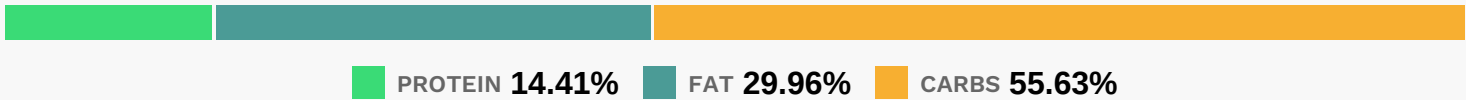
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Meanwhile, heat 3 tablespoons olive oil in a large skillet over medium-high heat.
- ☐ Add the garlic and cook 30 seconds, then stir in the escarole, chickpeas, 1/4 teaspoon salt and the red pepper flakes; cover and cook until the escarole wilts, 3 to 4 minutes.
- ☐ Add the pasta to the boiling water and cook as the label directs. After a few minutes, remove 1 1/2 cups of the pasta cooking water and add to the skillet with the escarole mixture; simmer, uncovered, until the liquid is reduced by half and the escarole is tender, about 5 minutes. When the pasta is done, reserve 1 cup cooking water, then drain.
- ☐ Add the pasta to the skillet and cook, tossing to combine, 1 minute; add some of the reserved cooking water if the pasta seems dry.
- ☐ Add the remaining 1 tablespoon olive oil and toss.
- ☐ Remove from the heat and stir in the cheese.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:30.04, Inflammation Score:-10, Nutrition Score:35.739130534556%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 17.19mg, Kaempferol: 17.19mg, Kaempferol: 17.19mg, Kaempferol: 17.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 617.02kcal (30.85%), Fat: 20.74g (31.9%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 86.65g (28.88%), Net Carbohydrates: 73.84g (26.85%), Sugar: 2.76g (3.07%), Cholesterol: 10.88mg (3.63%), Sodium: 753.69mg (32.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.9%), Vitamin K: 401.56µg (382.44%), Manganese: 2.45mg (122.62%), Selenium: 61.26µg (87.51%), Vitamin A: 3847.54IU (76.95%), Folate: 284.34µg (71.09%), Fiber: 12.81g (51.24%), Phosphorus: 379.93mg (37.99%), Vitamin B6: 0.73mg (36.31%), Copper: 0.6mg (29.83%), Potassium: 920.51mg (26.3%), Calcium: 262.83mg (26.28%), Magnesium: 104.99mg (26.25%), Zinc: 3.88mg (25.84%), Vitamin B5: 2.28mg (22.84%), Iron: 4.06mg (22.54%), Vitamin E: 2.9mg (19.34%), Vitamin B1: 0.26mg (17.29%), Vitamin C: 12.57mg (15.23%), Vitamin B2: 0.24mg (14.34%), Vitamin B3: 2.32mg (11.6%), Vitamin B12: 0.17µg (2.81%)