




Pasta with Roasted Vegetables and White Bean Pesto


 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN




55 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 8 ounces portabello mushrooms halved
- 1 medium eggplant cut into 1/2-inch cubes
- 2 fennel bulb halved sliced
- 1 cup basil fresh
- 1 cloves garlic
- 1.5 cups cannellini beans rinsed drained well (1 can)
- 0.5 large bell pepper green sliced

- 0.3 tsp juice of lemon fresh
- 1 tsp nutritional yeast
- 6 servings pepper freshly ground
- 1.5 cups tomatoes diced
- 1 tbsp balsamic vinegar
- 16 ounces grain pasta whole uncooked
- 0.5 large bell pepper red yellow sliced
- 3 medium to 3 sized squashes yellow halved lengthwise sliced into 1/4-inch pieces (or zucchini)

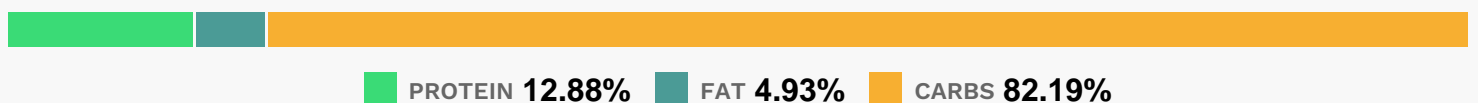
Equipment

- food processor
- oven
- kitchen timer

Directions

- Sprinkle with freshly ground pepper, and stir in the garlic. Give it a very quick spray with the olive oil (1/2 second) and put it in the oven. Set the timer for 20 minutes. After 20 minutes, stir the vegetables and add the tomatoes. Return to the oven for 15–20 minutes, until all vegetables are done. While the vegetables are roasting, prepare the pasta according to package directions and make the White Bean Pesto: With the food processor running, drop in the garlic and process until minced.
- Add the basil and chop coarsely.
- Add the remaining pesto ingredients and process until smooth.
- Add salt to taste, if desired. When the vegetables are done, add salt to taste.
- Serve the vegetables on top of the pasta, topped with a spoonful of pesto.

Nutrition Facts



Properties

Glycemic Index:72.08, Glycemic Load:38.04, Inflammation Score:-9, Nutrition Score:24.469999948274%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 408.02kcal (20.4%), Fat: 2.33g (3.59%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 87.51g (29.17%), Net Carbohydrates: 71.59g (26.03%), Sugar: 12.51g (13.9%), Cholesterol: 0mg (0%), Sodium: 65.53mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin C: 62.82mg (76.14%), Vitamin K: 75.99µg (72.37%), Fiber: 15.92g (63.69%), Manganese: 0.9mg (44.89%), Potassium: 1231.13mg (35.18%), Folate: 138.03µg (34.51%), Vitamin B6: 0.54mg (26.76%), Vitamin A: 1318.89IU (26.38%), Phosphorus: 227.31mg (22.73%), Copper: 0.43mg (21.65%), Vitamin B3: 3.93mg (19.67%), Magnesium: 73.02mg (18.26%), Vitamin B2: 0.29mg (17.29%), Selenium: 9.92µg (14.17%), Iron: 2.54mg (14.1%), Vitamin B1: 0.21mg (13.89%), Vitamin B5: 1.2mg (11.99%), Calcium: 106.22mg (10.62%), Zinc: 1.31mg (8.73%), Vitamin E: 1.31mg (8.72%)