



WHATSheATE



HEALTH SCORE

65%

Pasta With White Beans and Arugula



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 oz arugula fresh washed
- ☐ 19 oz .5 can cannellini beans rinsed drained canned
- ☐ 16 oz farfalle pasta (bow-tie)
- ☐ 4 oz feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt

☐

8.5 oz sun-dried tomatoes with herbs in oil, drained and chopped

Equipment

☐

bowl

Directions

- ☐ Cook pasta according to package directions; drain. Stir together beans and next 7 ingredients in a large bowl. Stir in hot cooked pasta until blended.
- ☐ Pasta With Chickpeas, Tuna, and Arugula: Substitute 1 (16-oz.) can chickpeas, rinsed and drained, for cannellini beans. Stir in 3 (5-oz.) cans solid white tuna in water, drained.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:24.64, Inflammation Score:-8, Nutrition Score:25.48782631107%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 6.18mg, Kaempferol: 6.18mg, Kaempferol: 6.18mg, Kaempferol: 6.18mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 438.75kcal (21.94%), Fat: 8.62g (13.27%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 74.89g (24.96%), Net Carbohydrates: 65.84g (23.94%), Sugar: 13.49g (14.99%), Cholesterol: 12.62mg (4.21%), Sodium: 350.85mg (15.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.07%), Manganese: 1.49mg (74.65%), Selenium: 40.75µg (58.22%), Potassium: 1545.59mg (44.16%), Copper: 0.77mg (38.47%), Vitamin K: 39.75µg (37.86%), Fiber: 9.06g (36.23%), Magnesium: 134.55mg (33.64%), Phosphorus: 333.37mg (33.34%), Iron: 5.89mg (32.7%), Folate: 97.44µg (24.36%), Vitamin B1: 0.31mg (20.37%), Vitamin B2: 0.34mg (20.13%), Vitamin B3: 3.97mg (19.85%), Vitamin C: 16.05mg (19.46%), Calcium: 194.1mg (19.41%), Zinc: 2.65mg (17.69%), Vitamin A: 783.32IU (15.67%), Vitamin B6: 0.31mg (15.35%), Vitamin B5: 1.22mg (12.19%), Vitamin E: 1.21mg (8.1%), Vitamin B12: 0.24µg (3.99%)