



WHATSHEATE



HEALTH SCORE

81%

Pasta With White Beans and Kale



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce cannellini beans beans white drained canned
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.5 pound kale coarsely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 6 tablespoons parmesan cheese fresh grated
- ☐ 7 ounce roasted bell peppers red drained sliced

☐

2.5 cups radiatore uncooked (short coiled pasta)

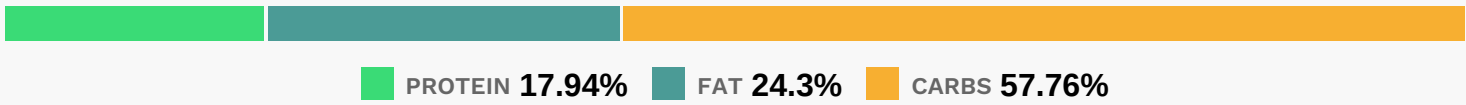
Equipment

- ☐ bowl
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a sieve over a bowl, reserving 1/4 cup cooking liquid; set pasta aside.
- ☐ Heat 1 tablespoon oil in a large Dutch oven over medium heat.
- ☐ Add minced garlic and sliced bell peppers, and saute 1 minute.
- ☐ Add kale and cannellini beans; cover and cook 5 minutes or until kale is wilted, stirring occasionally.
- ☐ Add cooked pasta, reserved cooking liquid, 1 tablespoon oil, lemon juice, and pepper, and stir well. Spoon the pasta mixture into serving bowls, and sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:11.58, Inflammation Score:-10, Nutrition Score:23.580000200349%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.92mg, Isorhamnetin: 8.92mg, Isorhamnetin: 8.92mg, Isorhamnetin: 8.92mg Kaempferol: 17.69mg, Kaempferol: 17.69mg, Kaempferol: 17.69mg, Kaempferol: 17.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 262.51kcal (13.13%), Fat: 7.24g (11.14%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 32.27g (11.73%), Sugar: 1.37g (1.52%), Cholesterol: 3.4mg (1.13%), Sodium: 558.62mg (24.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.05%), Vitamin K: 152.69µg (145.42%), Vitamin A: 3988.08IU (79.76%), Vitamin C: 53.09mg (64.35%), Manganese: 0.96mg (47.9%), Selenium: 18.8µg (26.85%), Fiber: 6.44g (25.77%), Calcium: 232.64mg (23.26%), Folate: 83.78µg (20.94%), Iron: 3.56mg (19.78%), Phosphorus: 180.98mg (18.1%), Magnesium: 70.93mg (17.73%), Potassium: 595.72mg (17.02%), Copper: 0.32mg (15.93%), Vitamin B2: 0.2mg (11.95%), Vitamin B6: 0.23mg (11.62%), Vitamin E: 1.57mg (10.45%), Zinc: 1.56mg (10.43%), Vitamin B1: 0.15mg (10.15%), Vitamin B3: 1.17mg (5.84%), Vitamin B5: 0.33mg (3.34%)