



Pasta with White Beans, Greens, and Lemon

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach trimmed
- ☐ 15 ounce cannellini beans rinsed drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1 cup basil fresh coarsely chopped (1 [1-ounce] package)
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 1 pound orecchiette uncooked ("little ears" pasta)
- ☐ 1 ounce parmesan cheese grated
- ☐ 5 tablespoons pinenuts toasted
- ☐ 0.8 cup sun-dried olives packed chopped

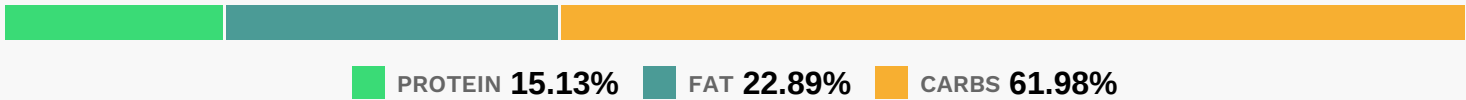
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Place pasta in a large bowl; drizzle with oil, tossing to coat.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add garlic to pan; saut 1 minute or until garlic begins to brown.
- ☐ Add pasta mixture, tomatoes, pepper, and beans; cook 2 minutes, stirring constantly. Stir in arugula, basil, rind, juice, and salt; cook 1 minute or until arugula wilts. Spoon 1 1/2 cups pasta mixture into each of 6 shallow bowls; top each serving with 2 1/2 teaspoons pine nuts and 2 teaspoons cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:28.33, Inflammation Score:-9, Nutrition Score:29.482174195673%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 522.93kcal (26.15%), Fat: 13.57g (20.88%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 82.69g (27.56%), Net Carbohydrates: 74.29g (27.01%), Sugar: 8.02g (8.91%), Cholesterol: 4.11mg (1.37%), Sodium: 507.08mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.37%), Manganese: 2.26mg (112.92%), Vitamin K: 104.59µg (99.61%), Selenium: 51.79µg (73.98%), Copper: 0.73mg (36.63%), Vitamin A: 1806.81IU (36.14%), Magnesium: 140.98mg (35.24%), Phosphorus: 347.05mg (34.71%), Fiber: 8.4g (33.61%), Potassium: 1133.01mg (32.37%), Iron: 5.45mg (30.28%), Folate: 105.66µg (26.42%), Zinc: 3.02mg (20.1%), Vitamin C: 15.05mg (18.25%), Vitamin B1: 0.26mg (17.26%), Vitamin E: 2.5mg (16.68%), Vitamin B3: 3.15mg (15.77%), Calcium: 152.84mg (15.28%), Vitamin B6: 0.28mg (13.94%), Vitamin B2: 0.21mg (12.34%), Vitamin B5: 0.83mg (8.26%), Vitamin B12: 0.06µg (1.06%)