



Penne with Garbanzos, Escarole, and Plum Tomatoes

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce chickpeas drained canned (garbanzo beans)
- 4 cups penne pasta tubular-shaped cooked uncooked ()
- 8 cups endive coarsely chopped
- 0.5 cup basil fresh chopped
- 2 tablespoons sage fresh chopped
- 3 garlic cloves crushed
- 1 tablespoon olive oil

- 0.3 teaspoon pepper
- 2 cups plum tomatoes diced seeded
- 0.3 cup red wine vinegar
- 0.3 teaspoon salt

Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium heat.
- Add garlic; saut 1 minute.
- Add escarole; saut 4 minutes or until escarole begins to wilt.
- Add tomatoes and next 5 ingredients (tomatoes through beans); cook 2 minutes, stirring occasionally. Stir in pasta and vinegar; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:75.96, Glycemic Load:17.45, Inflammation Score:-10, Nutrition Score:31.68521744272%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 308.64kcal (15.43%), Fat: 6.99g (10.75%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 38.91g (14.15%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 471.59mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.67%), Copper: 9.53mg (476.59%), Vitamin K: 255.15µg (243%), Manganese: 2.09mg (104.6%), Vitamin A: 3327.47IU (66.55%), Folate: 194.4µg (48.6%), Fiber: 11.07g (44.28%), Selenium: 25.1µg (35.86%), Vitamin B6: 0.69mg (34.6%), Vitamin C: 24.13mg (29.25%), Potassium: 823.06mg (23.52%), Iron: 4.11mg (22.86%), Magnesium: 80.42mg (20.1%), Phosphorus: 198.36mg (19.84%), Zinc: 2.27mg (15.14%), Vitamin B5: 1.44mg (14.4%), Calcium: 137.61mg (13.76%), Vitamin B1: 0.19mg (12.62%), Vitamin E:

1.66mg (11.07%), Vitamin B2: 0.14mg (8.18%), Vitamin B3: 1.63mg (8.13%)