



Pumpkin & bean spaghetti

READY IN



50 min.

SERVINGS



4

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 onions thinly sliced
- ☐ 2 garlic cloves crushed
- ☐ 350 g pumpkin diced
- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 ml vegetable stock
- ☐ 350 g pasta like spaghetti
- ☐ 420 g beans in a mild chilli sauce mixed canned
- ☐ 1 handful parmesan (or vegetarian alternative)

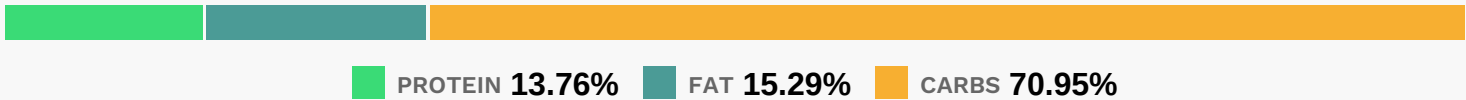
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a saucepan, then fry onions for 8 mins, until softened and just beginning to brown.
- ☐ Add the garlic and pumpkin, then fry for a further 5 mins, stirring occasionally. Stir in the tomatoes and stock. Bring to the boil, then cover and simmer for 15 mins, until the pumpkin is tender.
- ☐ Meanwhile, cook the spaghetti in a large pan of boiling water according to pack instructions.
- ☐ Add beans to the sauce, cook for 3–4 mins, until heated through, then season.
- ☐ Drain spaghetti well, return to pan, then stir in the sauce. Divide between serving bowls, then serve sprinkled with the cheese.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:33.94, Inflammation Score:-10, Nutrition Score:30.142608662419%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 573.29kcal (28.66%), Fat: 9.87g (15.18%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 102.97g (34.32%), Net Carbohydrates: 92.46g (33.62%), Sugar: 17.86g (19.84%), Cholesterol: 0.17mg (0.06%), Sodium: 1303.29mg (56.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.93%), Vitamin A: 7891.23IU (157.82%),

Selenium: 58.07µg (82.96%), Manganese: 1.19mg (59.54%), Fiber: 10.51g (42.06%), Copper: 0.84mg (41.88%), Phosphorus: 417.55mg (41.76%), Potassium: 1344.74mg (38.42%), Vitamin B6: 0.7mg (34.8%), Magnesium: 130.11mg (32.53%), Iron: 5.27mg (29.29%), Vitamin C: 23.4mg (28.36%), Zinc: 4mg (26.68%), Vitamin E: 3.52mg (23.43%), Vitamin B2: 0.38mg (22.09%), Folate: 80.56µg (20.14%), Vitamin B3: 3.69mg (18.44%), Vitamin B1: 0.27mg (17.86%), Calcium: 121.69mg (12.17%), Vitamin K: 11.23µg (10.7%), Vitamin B5: 0.99mg (9.94%)