



## Quick Pasta e Fagioli With Parmesan

READY IN



27 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 19 ounce cannellini beans mashed drained canned
- 0.5 cup tomatoes diced canned drained
- 0.3 teaspoon pepper red crushed
- 0.5 cup .5 oz. macaroni tube-shaped (very short macaroni)
- 4 cups fat-skimmed beef broth fat-free
- 1 teaspoon rosemary leaves fresh chopped
- 2 garlic clove minced
- 1 tablespoon olive oil
- 0.5 cup onion chopped

0.3 cup parmesan shredded finely

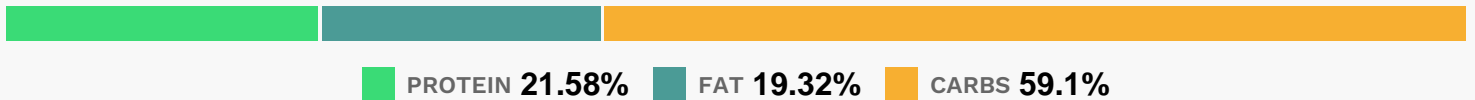
## Equipment

sauce pan

## Directions

- Heat oil in a large saucepan over medium heat.
- Add onion and garlic; cook 5 minutes or until golden, stirring frequently.
- Stir in pepper and next 3 ingredients (through broth); bring to a boil.
- Add tomatoes; reduce heat and simmer 10 minutes.
- Add pasta; cook 7 minutes or until done.
- Sprinkle each serving with 1 tablespoon cheese.
- Andrea's wine pick: The bold flavors of capers, tomato, and rosemary demand a wine with vivid acidity and savory-fruity flavors. Santa Christina Sangiovese from Italy (\$9
- does the job well.

## Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:7.45, Inflammation Score:-6, Nutrition Score:15.729130349081%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

## Nutrients (% of daily need)

Calories: 282.45kcal (14.12%), Fat: 6.17g (9.5%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 34.9g (12.69%), Sugar: 2.72g (3.02%), Cholesterol: 4.25mg (1.42%), Sodium: 1082.16mg (47.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.03%), Manganese: 0.92mg (45.82%), Fiber: 7.6g (30.41%), Iron: 4.97mg (27.6%), Folate: 98.91µg (24.73%), Selenium: 17.22µg (24.6%), Potassium: 808.73mg (23.11%),

Phosphorus: 229.88mg (22.99%), Magnesium: 86.54mg (21.63%), Copper: 0.43mg (21.49%), Calcium: 201.28mg (20.13%), Zinc: 2.01mg (13.4%), Vitamin B1: 0.19mg (12.36%), Vitamin E: 1.85mg (12.35%), Vitamin B6: 0.24mg (11.79%), Vitamin B3: 1.92mg (9.6%), Vitamin B2: 0.15mg (8.88%), Vitamin B12: 0.53µg (8.82%), Vitamin K: 7.24µg (6.89%), Vitamin B5: 0.68mg (6.77%), Vitamin C: 4.74mg (5.75%), Vitamin A: 122.24IU (2.44%)