



## Rigatoni with Beans and Mushrooms

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15.5 oz cannellini beans drained and rinsed canned
- 3 tablespoons basil fresh chopped
- 12 oz mushrooms fresh quartered
- 4 cloves garlic peeled smashed
- 1 cup grape tomatoes halved
- 2 tablespoons olive oil
- 2 ounces savory vegetable shaved with a vegetable peeler, for serving chunk
- 0.8 pound rigatoni

2 tablespoons butter unsalted

## Equipment

bowl

frying pan

pot

## Directions

In a large pot of boiling, salted water, cook pasta until al dente, about 12 minutes.

Meanwhile, in a large skillet, heat oil and butter over medium-high heat.

Add garlic Choose your mushroom. Shiitake, cremini and regular white mushrooms would work equally well in this dish. **KITCHEN TIP** and cook, stirring, for 1 minute.

Add mushrooms and cook, stirring, until tender and golden, 4 to 5 minutes.

Add tomatoes and beans and cook until heated through, 3 minutes.

Remove 1 1/2 cups pasta water and stir into mushroom-bean mixture.

Drain pasta and return to pot.

Add mushroom-bean mixture and basil to pot; toss well. Divide among 4 bowls and sprinkle Parmesan on top.

## Nutrition Facts



**PROTEIN 15.2%** **FAT 22.13%** **CARBS 62.67%**

## Properties

Glycemic Index:72, Glycemic Load:33, Inflammation Score:-8, Nutrition Score:26.787826066432%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 592.14kcal (29.61%), Fat: 14.74g (22.68%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 93.96g (31.32%), Net Carbohydrates: 84.02g (30.55%), Sugar: 5.29g (5.88%), Cholesterol: 15.05mg (5.02%), Sodium: 24.85mg (1.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.58%), Selenium: 63.98µg (91.39%), Manganese: 1.53mg (76.52%), Copper: 0.82mg (41.11%), Fiber: 9.95g (39.78%), Phosphorus: 358.26mg (35.83%), Potassium: 1095.39mg (31.3%), Magnesium: 118.11mg (29.53%), Iron: 5.19mg (28.83%), Folate: 112.19µg (28.05%), Vitamin B2: 0.46mg (27.03%), Vitamin A: 1284.41IU (25.69%), Vitamin B3: 5.08mg (25.38%), Zinc: 3.05mg (20.35%), Vitamin B5: 1.93mg (19.28%), Vitamin B1: 0.29mg (19.26%), Vitamin B6: 0.37mg (18.74%), Vitamin K: 17.19µg (16.37%), Vitamin E: 2.36mg (15.71%), Calcium: 117.71mg (11.77%), Vitamin C: 9.57mg (11.6%), Vitamin D: 0.28µg (1.83%)