



Roasted Tomato-Cannellini Pasta

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup asiago cheese
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 19 ounce .5 can cannellini beans rinsed drained canned
- ☐ 20 sage leaves fresh
- ☐ 8 ounces fusilli uncooked (short, twisted spaghetti)
- ☐ 8 garlic cloves thinly sliced
- ☐ 2 pints grape tomatoes
- ☐ 1 teaspoon olive oil

- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup vegetable broth

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 450
- ☐ Place tomatoes on a 15 x 10-inch jelly roll pan covered with foil.
- ☐ Drizzle with 1 teaspoon oil; sprinkle with 1/4 teaspoon salt.
- ☐ Bake at 450 for 15 minutes.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium heat.
- ☐ Add sage leaves; cook 1 minute or until crisp.
- ☐ Remove sage from pan with a slotted spoon; set aside.
- ☐ Place garlic in pan, and cook 1 minute or until lightly toasted.
- ☐ Add beans to pan; cook 2 minutes. Stir in broth, remaining salt, and pepper; simmer 2 minutes or until thoroughly heated.
- ☐ Drain pasta; stir in tomatoes and bean mixture.
- ☐ Reserve 4 sage leaves. Crumble remaining sage leaves; stir into pasta mixture. Spoon pasta into shallow bowls; top each with 1 tablespoon cheese.
- ☐ Garnish with reserved sage leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:27, Inflammation Score:-9, Nutrition Score:28.829565087738%

Flavonoids

Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg 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: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 511.96kcal (25.6%), Fat: 11.38g (17.51%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 82.58g (27.53%), Net Carbohydrates: 71.29g (25.92%), Sugar: 8.36g (9.29%), Cholesterol: 4.25mg (1.42%), Sodium: 618.08mg (26.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.78%), Manganese: 1.62mg (81.1%), Copper: 1.25mg (62.64%), Selenium: 40.25µg (57.51%), Fiber: 11.29g (45.16%), Vitamin C: 34.28mg (41.56%), Vitamin A: 2052.IIU (41.04%), Potassium: 1331.02mg (38.03%), Phosphorus: 339.31mg (33.93%), Folate: 133.86µg (33.47%), Magnesium: 129.57mg (32.39%), Iron: 5.64mg (31.33%), Vitamin K: 27.88µg (26.55%), Vitamin E: 3.58mg (23.84%), Vitamin B6: 0.45mg (22.56%), Calcium: 220.96mg (22.1%), Zinc: 2.96mg (19.72%), Vitamin B1: 0.28mg (18.87%), Vitamin B3: 2.58mg (12.91%), Vitamin B2: 0.16mg (9.21%), Vitamin B5: 0.77mg (7.7%), Vitamin B12: 0.08µg (1.25%)