



Rosemary and White Bean Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup baby spinach packed coarsely chopped
- 15.5 ounce navy beans undrained canned
- 1.3 ounces feta cheese reduced-fat
- 1 teaspoon rosemary fresh chopped
- 1 garlic clove minced
- 1 cup grape tomatoes halved
- 2 teaspoons olive oil extra-virgin
- 12 pimiento-stuffed olives chopped
- 3 tablespoons pinenuts toasted

1.8 cups multigrain rotini uncooked (corkscrew pasta)

0.3 teaspoon salt divided

Equipment

bowl

colander

Directions

Cook pasta according to package directions, omitting salt and fat.

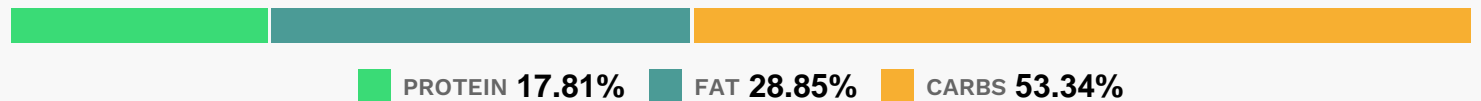
While pasta cooks, combine tomatoes, next 4 ingredients, and 1/8 teaspoon salt in a small bowl; set aside.

Place beans in a colander; add cooked pasta.

Drain.

Combine pasta, beans, tomato mixture, spinach, cheese, oil, and remaining 1/8 teaspoon salt in a large bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:8.36, Inflammation Score:-8, Nutrition Score:18.474782591281%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 336.4kcal (16.82%), Fat: 11.1g (17.07%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 38.39g (13.96%), Sugar: 2.69g (2.99%), Cholesterol: 4.94mg (1.65%), Sodium: 916.64mg (39.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.41g (30.82%), Manganese: 1.44mg (71.79%), Vitamin K: 47.81µg (45.53%), Selenium: 23.3µg (33.29%), Fiber: 7.75g (30.99%), Phosphorus: 254.2mg (25.42%), Magnesium: 95.93mg (23.98%), Folate: 95.93µg (23.98%), Copper: 0.45mg (22.6%), Vitamin A: 1063.7IU (21.27%), Vitamin E: 2.68mg

(17.9%), Iron: 3.18mg (17.65%), Potassium: 558.09mg (15.95%), Vitamin B1: 0.23mg (15.3%), Zinc: 1.82mg (12.11%),
Vitamin B6: 0.22mg (10.75%), Vitamin C: 8.28mg (10.04%), Vitamin B3: 1.62mg (8.1%), Calcium: 77.28mg (7.73%),
Vitamin B2: 0.12mg (6.83%), Vitamin B5: 0.37mg (3.71%)