



Rotini with Tomatoes and White Beans

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 15.5 ounce beans white rinsed drained canned
- ☐ 6 cups rotini hot cooked uncooked (12 ounces pasta)
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons preshredded parmesan cheese fresh

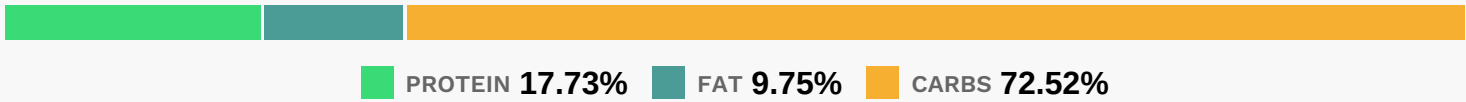
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add beans, tomatoes, and seasoning. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until slightly thickened, stirring occasionally.
- ☐ Spoon tomato mixture over cooked pasta.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:20.54, Inflammation Score:-6, Nutrition Score:15.557391252855%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 318.63kcal (15.93%), Fat: 3.49g (5.37%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 58.41g (19.47%), Net Carbohydrates: 51.21g (18.62%), Sugar: 4.19g (4.66%), Cholesterol: 1.7mg (0.57%), Sodium: 241.36mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.57%), Selenium: 33.26µg (47.52%), Manganese: 0.92mg (46%), Iron: 5.22mg (28.98%), Fiber: 7.19g (28.78%), Copper: 0.39mg (19.62%), Magnesium: 76.2mg (19.05%), Potassium: 658.33mg (18.81%), Phosphorus: 182.5mg (18.25%), Folate: 67.83µg (16.96%), Vitamin C: 13.53mg (16.4%), Vitamin B6: 0.3mg (15.07%), Calcium: 143.63mg (14.36%), Vitamin E: 1.84mg (12.27%), Zinc: 1.72mg (11.45%), Vitamin B1: 0.16mg (10.8%), Vitamin K: 9.06µg (8.63%), Vitamin B2: 0.14mg (8.16%), Vitamin B3: 1.57mg (7.84%), Vitamin B5: 0.46mg (4.58%), Vitamin A: 185.74IU (3.71%)