



Small Pasta with Salami

READY IN



42 min.

SERVINGS



4

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bouquet garnic mixed (herb sachet or bag)
- ☐ 2 tablespoons butter
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 3 ounces milano salami (15 slices)
- ☐ 4 servings salt
- ☐ 11 ounces mezzi tubetti pasta

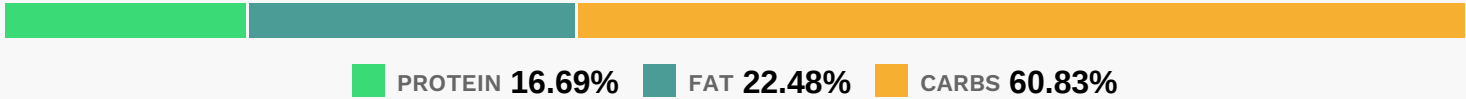
Equipment

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Bring some water for the pasta to a boil over medium heat and salt it generously.
- ☐ Add the pasta and cook for about 10 minutes or as the package directs.
- ☐ Warm a fairly wide, heavy-based saucepan over medium heat.
- ☐ Add the salami strips, not worrying if they clump together. Stir with a wooden spoon for 1 to 2 minutes.
- ☐ Stir in the tomatoes and add about 1/2 a tomato can of water.
- ☐ Stir in 1 tablespoon butter, then add the bouquet garni, if using, and the drained beans. Leave it to bubble away, firmly but gently, while the pasta finishes cooking.
- ☐ Just before draining the pasta, remove and reserve a little of the cooking water.
- ☐ Stir the drained pasta into the sauce, then remove from the heat, and stir in the remaining butter. If you think the sauce needs it, splash in some of the pasta cooking water, and stir again with a wooden spoon. Leave to stand for 2 minutes before serving, removing the bouquet garni, if used.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:7.53, Inflammation Score:-8, Nutrition Score:27.87434781116%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg

Nutrients (% of daily need)

Calories: 588.39kcal (29.42%), Fat: 14.86g (22.86%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 90.45g (30.15%), Net Carbohydrates: 79.56g (28.93%), Sugar: 6.9g (7.67%), Cholesterol: 31.85mg (10.62%), Sodium: 862.99mg (37.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.63%), Manganese: 1.65mg (82.48%), Selenium: 57.2µg (81.71%), Iron: 8.66mg (48.09%), Fiber: 10.89g (43.57%), Copper: 0.73mg (36.37%), Phosphorus: 336.92mg (33.69%), Magnesium: 132.32mg (33.08%), Potassium: 1082.59mg (30.93%), Vitamin B1: 0.45mg (30.32%), Vitamin K: 30.67µg (29.21%), Folate: 106.26µg (26.56%), Vitamin B6: 0.5mg (24.9%), Zinc:

3.58mg (23.89%), Calcium: 201.93mg (20.19%), Vitamin B3: 4mg (19.98%), Vitamin E: 2.39mg (15.92%), Vitamin A: 670.64IU (13.41%), Vitamin C: 10.93mg (13.25%), Vitamin B2: 0.22mg (13.02%), Vitamin B5: 1.04mg (10.42%), Vitamin B12: 0.61µg (10.12%)