



Southwestern Vegetarian Pasta



Vegetarian

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READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce chickpeas canned
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 2 tablespoons chili powder
- ☐ 10 ounce corn kernels frozen thawed
- ☐ 12 ounce elbow macaroni uncooked
- ☐ 2 cloves garlic chopped
- ☐ 0.5 bell pepper diced green
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 onion chopped
- ☐ 1 tablespoon vegetable oil

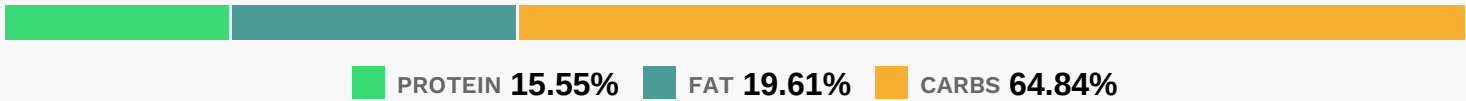
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in a large, deep skillet.
- ☐ Saute onion, green pepper, garlic, chili powder and cumin. Stir in tomatoes, chickpeas and corn. Reduce heat to low and simmer 15 to 20 minutes, or until thickened and heated through.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add macaroni and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Combine pasta and sauce.
- ☐ Sprinkle each serving with Monterey Jack cheese.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:3.12, Inflammation Score:-8, Nutrition Score:16.669130351232%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 379.12kcal (18.96%), Fat: 8.43g (12.97%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 55.35g (20.13%), Sugar: 4.88g (5.43%), Cholesterol: 8.38mg (2.79%), Sodium: 399.29mg (17.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Manganese: 1.26mg (63.17%),

Selenium: 39.7µg (56.71%), Fiber: 7.34g (29.37%), Vitamin B6: 0.55mg (27.73%), Phosphorus: 245.9mg (24.59%), Vitamin A: 936.36IU (18.73%), Copper: 0.34mg (16.86%), Magnesium: 66.14mg (16.53%), Iron: 2.58mg (14.31%), Folate: 52.39µg (13.1%), Vitamin C: 10.51mg (12.74%), Calcium: 127.3mg (12.73%), Zinc: 1.91mg (12.72%), Potassium: 404.58mg (11.56%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.16mg (9.32%), Vitamin E: 1.38mg (9.23%), Vitamin B1: 0.12mg (7.83%), Vitamin K: 8.12µg (7.73%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.08µg (1.3%)