



Spaghetti with Chickpea Red Sauce

 Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes canned
- 1 cup chicken stock see
- 1 fresno chile dried finely chopped
- 3 tablespoons evoo
- 1 Handful flat-leaf parsley leaves fresh chopped
- 2 tablespoons rosemary leaves fresh finely chopped
- 3 cloves garlic sliced chopped
- 1 pound whole-grain whole wheat

- 15 ounce chickpeas/ceci beans drained canned
- 1 small onion finely chopped
- 6 servings pecorino freshly grated for topping
- 0.5 cup red wine dry white
- 6 servings salt and pepper
- 2 tablespoons tomato paste
- 1 cup tomato purée

Equipment

- food processor
- bowl
- frying pan
- pot
- dutch oven

Directions

- Heat the EVOO in a Dutch oven or large skillet over medium to medium-high heat.
- Add the rosemary, garlic, chiles, onions and some salt and pepper. Stir and cook for 5 to 7 minutes.
- Add the tomato paste, stir 1 minute, and then add the wine. To a food processor, add half of the chickpeas and the stock, and pulse into a fine chop but not a puree.
- Add the chickpea mixture to the sauce.
- Add in the tomatoes, breaking them up a little and add the remaining whole chickpeas. Reduce the heat to a simmer, and cook to thicken the sauce, about 20 minutes. Turn off and cool, then store for a make-ahead meal.
- Reheat the sauce over medium heat, partially covered, adding a little stock or pasta water to thin, if necessary.
- To serve, bring a pot of water to a boil for the pasta. Salt the water, and cook the pasta to al dente.

Remove 1/2 cup of the starchy cooking water and add to the sauce, if necessary. Strain the pasta and add to the sauce. Toss to combine for 1 full minute.

Serve the pasta in shallow bowls topped with cheese and parsley.

Nutrition Facts

PROTEIN 18.28% **FAT 26.78%** **CARBS 54.94%**

Properties

Glycemic Index:42.39, Glycemic Load:6.42, Inflammation Score:-9, Nutrition Score:33.78086950468%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 606.2kcal (30.31%), Fat: 18.56g (28.55%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 85.65g (28.55%), Net Carbohydrates: 78.62g (28.59%), Sugar: 10.07g (11.19%), Cholesterol: 32.4mg (10.8%), Sodium: 1045.54mg (45.46%), Alcohol: 2.12g (100%), Alcohol %: 0.61% (100%), Protein: 28.5g (57%), Manganese: 3.3mg (165.1%), Selenium: 63.53µg (90.76%), Phosphorus: 565.93mg (56.59%), Magnesium: 184.8mg (46.2%), Copper: 0.88mg (44.19%), Calcium: 440.48mg (44.05%), Vitamin B6: 0.87mg (43.29%), Iron: 6.86mg (38.1%), Vitamin B1: 0.54mg (36.02%), Vitamin B3: 7.13mg (35.66%), Potassium: 1022.83mg (29.22%), Fiber: 7.03g (28.13%), Vitamin E: 3.85mg (25.65%), Zinc: 3.74mg (24.92%), Vitamin C: 20.48mg (24.83%), Vitamin K: 25.16µg (23.96%), Folate: 91.76µg (22.94%), Vitamin B2: 0.39mg (22.85%), Vitamin B5: 1.69mg (16.88%), Vitamin A: 806.17IU (16.12%), Vitamin B12: 0.34µg (5.6%)