



Three Way Garlic Pasta with Beans and Peppers

 Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound baby spinach
- ☐ 1 tablespoon balsamic vinegar
- ☐ 19 oz beans white rinsed drained canned
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1.5 medium heads garlic separated peeled
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 orange bell peppers

- ☐ 0.7 oz parmigiano-reggiano finely grated
- ☐ 10 ounces campanelli pasta (bellflower)
- ☐ 2 teaspoons salt
- ☐ 2 cups water cold

Equipment

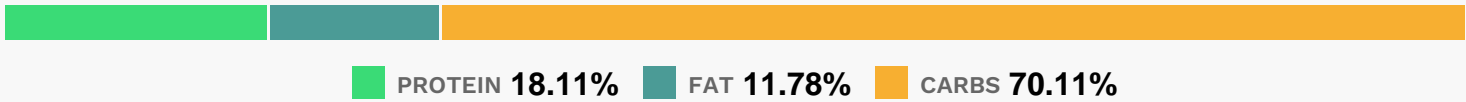
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Reserve 6 large garlic cloves. Put remaining cloves in 2 cups cold water, then simmer in a small saucepan, covered, until garlic is very soft, about 30 minutes. Reserve 1/2 cup garlic cooking liquid, then drain garlic in a sieve.
- ☐ Purée cooked garlic with reserved cooking liquid and 1 teaspoon salt in a blender until smooth.
- ☐ While garlic simmers, roast peppers on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes (or broil peppers on a broiler pan about 5 inches from heat, turning occasionally, about 15 minutes).
- ☐ Transfer to a bowl and cover tightly with plastic wrap, then let stand 20 minutes. Peel peppers, discarding stems and seeds, and cut into 3/4-inch pieces.
- ☐ Mince 2 reserved garlic cloves with thyme and remaining teaspoon salt using a large knife.
- ☐ Transfer along with spinach to a large serving bowl.

- ☐ Cook pasta in a large pot of boiling salted water until al dente.
- ☐ Finely chop remaining 4 garlic cloves and cook in oil in a 12-inch nonstick skillet over moderate heat, stirring, until pale golden, 3 to 5 minutes.
- ☐ Add peppers and cook, stirring, 3 minutes.
- ☐ Add beans and garlic purée to skillet and bring to a simmer over moderately low heat, stirring occasionally. Season with salt and pepper.
- ☐ Reserve 1 cup cooking water, then drain pasta.
- ☐ Add pasta, sauce, vinegar, and cheese to spinach and garlic in serving bowl and toss to combine. (
- ☐ Add some of reserved cooking water if mixture is dry.)
- ☐ Serve immediately.
- ☐ Nutrition Data
- ☐ See Nutrition Data's analysis of this recipe ›
- ☐ Each serving contains about 311 calories and 5 grams fat.
- ☐ Gourmet
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:19.95, Inflammation Score:-10, Nutrition Score:31.578695690178%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 338.48kcal (16.92%), Fat: 4.49g (6.91%), Saturated Fat: 1.1g (6.94%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 52.08g (18.94%), Sugar: 4.61g (5.12%), Cholesterol: 2.14mg (0.71%), Sodium: 870.54mg (37.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin K: 189.95µg (180.9%), Vitamin A:

5464.07IU (109.28%), Vitamin C: 87.85mg (106.48%), Manganese: 1.47mg (73.46%), Selenium: 32.46µg (46.38%), Folate: 168.14µg (42.04%), Fiber: 8.08g (32.32%), Magnesium: 112.06mg (28.01%), Iron: 4.79mg (26.61%), Potassium: 862.08mg (24.63%), Phosphorus: 228.32mg (22.83%), Copper: 0.42mg (21.18%), Vitamin B6: 0.39mg (19.37%), Vitamin E: 2.83mg (18.89%), Calcium: 162.21mg (16.22%), Zinc: 2.14mg (14.25%), Vitamin B1: 0.19mg (12.82%), Vitamin B2: 0.2mg (11.63%), Vitamin B3: 1.79mg (8.93%), Vitamin B5: 0.6mg (6.01%)