



Tomato-Basil Pasta with Asiago



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces asiago cheese grated
- ☐ 2 cups baby spinach fresh coarsely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup green onions finely chopped

- ☐ 12 kalamata olives pitted coarsely chopped
- ☐ 0.8 cup no-salt-added navy beans canned rinsed drained
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 ounces rice penne gluten-free uncooked (such as DeBoles)
- ☐ 0.5 teaspoon salt

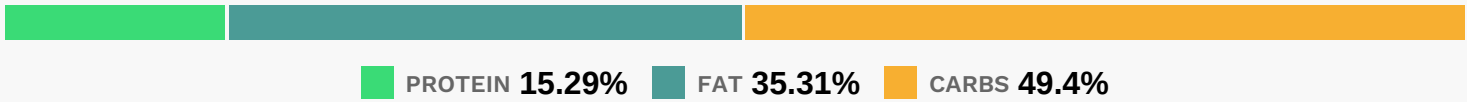
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; add beans during last 1 minute of cooking.
- ☐ Drain pasta and beans, reserving 1/4 cup pasta water.
- ☐ Place pasta, beans, and reserved pasta water in a large shallow pasta bowl.
- ☐ While pasta cooks, heat oil in a medium nonstick skillet over medium heat.
- ☐ Add tomatoes; cook 2 minutes, stirring often. Stir in green onions and next 3 ingredients; cook 2 minutes or just until tomatoes are thoroughly heated.
- ☐ Remove from heat.
- ☐ Add spinach and next 4 ingredients to pasta mixture. Toss well. Top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:90.4, Glycemic Load:23.46, Inflammation Score:-9, Nutrition Score:19.293913154498%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.13mg, Myricetin:

0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 381kcal (19.05%), Fat: 14.99g (23.06%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 41.59g (15.12%), Sugar: 1.62g (1.8%), Cholesterol: 14.46mg (4.82%), Sodium: 835.85mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.21%), Vitamin K: 99.98µg (95.22%), Manganese: 0.91mg (45.44%), Vitamin A: 2073.37IU (41.47%), Calcium: 323.28mg (32.33%), Phosphorus: 268.22mg (26.82%), Folate: 92.83µg (23.21%), Fiber: 5.59g (22.37%), Selenium: 12.72µg (18.17%), Magnesium: 58.37mg (14.59%), Vitamin E: 2.12mg (14.12%), Vitamin C: 11.54mg (13.99%), Copper: 0.25mg (12.35%), Iron: 2.12mg (11.77%), Potassium: 409.46mg (11.7%), Vitamin B6: 0.22mg (11.22%), Zinc: 1.61mg (10.7%), Vitamin B1: 0.15mg (10.28%), Vitamin B2: 0.16mg (9.32%), Vitamin B3: 1.38mg (6.89%), Vitamin B5: 0.68mg (6.84%), Vitamin B12: 0.26µg (4.25%)