



Vegetarian White Bean 'Alfredo' with Linguine

READY IN



30 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus cut into 1/2-inch pieces
- ☐ 0.3 cup butter
- ☐ 3 cloves garlic minced
- ☐ 2 cups navy beans rinsed cooked drained
- ☐ 16 ounce linguine pasta
- ☐ 6 servings salt and pepper black to taste
- ☐ 1.5 cups soy milk

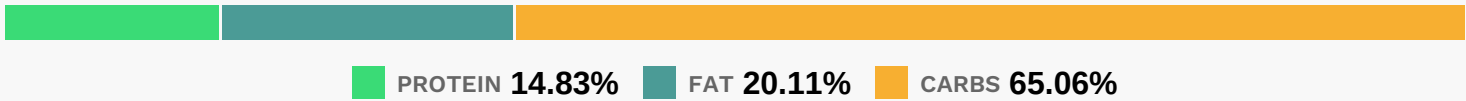
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ potato masher

Directions

- ☐ Fill a large pot with lightly salted water, and bring to a boil over high heat. Cook pasta in boiling water, stirring occasionally, until the pasta has cooked through, about 11 minutes.
- ☐ Drain well.
- ☐ Meanwhile, melt the butter in a large saucepan over medium heat. Stir in the garlic, and cook until golden brown, about 5 minutes.
- ☐ Add 2/3 cup of the beans and 1/2 cup of soy milk; mash with the back of a spoon or a potato masher to create a thick paste. Stir in the remaining soy milk to create a thick sauce.
- ☐ Mix in the remaining beans and asparagus; simmer until asparagus is tender. Season to taste with salt and pepper. Toss pasta with the sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:27.28, Inflammation Score:-7, Nutrition Score:20.113912727522%

Flavonoids

Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 466.47kcal (23.32%), Fat: 10.4g (16%), Saturated Fat: 5.26g (32.89%), Carbohydrates: 75.66g (25.22%), Net Carbohydrates: 66.13g (24.05%), Sugar: 4.18g (4.64%), Cholesterol: 20.34mg (6.78%), Sodium: 289.34mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.51%), Selenium: 51.72µg (73.88%), Manganese: 1.07mg (53.69%), Fiber: 9.53g (38.1%), Folate: 129.36µg (32.34%), Phosphorus: 246.42mg (24.64%), Copper: 0.47mg (23.26%), Vitamin B3: 3.85mg (19.27%), Magnesium: 75.92mg (18.98%), Vitamin B1: 0.28mg (18.92%), Vitamin B6: 0.37mg (18.39%), Iron: 3.21mg (17.84%), Potassium: 541.21mg (15.46%), Calcium: 150.8mg (15.08%), Vitamin B2: 0.24mg (14.07%), Vitamin E: 2.05mg (13.66%), Zinc: 1.98mg (13.2%), Vitamin A: 637.21IU (12.74%), Vitamin B12: 0.65µg (10.89%), Vitamin K: 10.42µg (9.92%), Vitamin C: 6.51mg (7.89%), Vitamin B5: 0.57mg

(5.68%), Vitamin D: 0.71µg (4.72%)