



Whole-Wheat Pasta with White Beans and Spinach



Vegetarian



Dairy Free

READY IN



17 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups baby spinach
- ☐ 15 oz beans white drained and rinsed canned
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt
- ☐ 0.3 cup seasoned bread crumbs

☐ 1 pound penne pasta whole-wheat

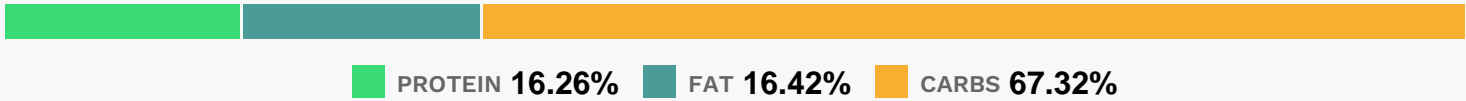
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil.
- ☐ Add pasta and cook until al dente, about 10 minutes or as package directs.
- ☐ Warm 1 Tbsp. oil in a small skillet over medium heat.
- ☐ Add bread crumbs and 1/4 tsp. salt and cook, stirring occasionally, until toasted, about 5 minutes.
- ☐ Transfer to a small bowl.
- ☐ Warm remaining 1 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add garlic and saut until fragrant, about 30 seconds. Stir in beans, spinach and broth and bring to a boil. Lower heat and simmer until spinach has wilted, 2 to 3 minutes.
- ☐ Drain pasta, reserving 1/2 cup cooking water.
- ☐ Add pasta to sauce, stirring in reserved pasta cooking water 1 Tbsp. at a time, to reach desired consistency. Season with salt. Divide among 6 bowls and sprinkle each portion with bread crumbs.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:16.462608606919%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 404.09kcal (20.2%), Fat: 7.26g (11.16%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 66.95g (22.32%), Net Carbohydrates: 57.29g (20.83%), Sugar: 2.22g (2.47%), Cholesterol: 0.05mg (0.02%), Sodium: 290.05mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.34%), Vitamin K: 127.93µg (121.84%), Vitamin A: 2353.99IU (47.08%), Fiber: 9.66g (38.64%), Manganese: 0.66mg (32.78%), Folate: 100.55µg (25.14%), Iron: 3.13mg (17.38%), Magnesium: 58.65mg (14.66%), Potassium: 493.83mg (14.11%), Vitamin E: 1.75mg (11.69%), Copper: 0.22mg (11.11%), Phosphorus: 93.03mg (9.3%), Vitamin B1: 0.14mg (9.17%), Vitamin C: 7.47mg (9.06%), Calcium: 88.35mg (8.84%), Zinc: 1.03mg (6.86%), Vitamin B6: 0.12mg (6.24%), Vitamin B2: 0.1mg (5.95%), Vitamin B3: 0.85mg (4.23%), Selenium: 2.76µg (3.94%), Vitamin B5: 0.18mg (1.84%)