



WHATSheATE



Agnolotti With Artichoke Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound cheese agnolotti stuffed pasta) refrigerated moon-shaped
- ☐ 0.3 cup torn basil leaves fresh
- ☐ 9 ounce artichoke hearts frozen thawed coarsely chopped
- ☐ 1 clove garlic smashed
- ☐ 1 cup half-and-half
- ☐ 4 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.3 cup parmesan cheese finely grated

- ☐ 1 cup peas frozen thaw do not
- ☐ 0.1 teaspoon pepper flakes red

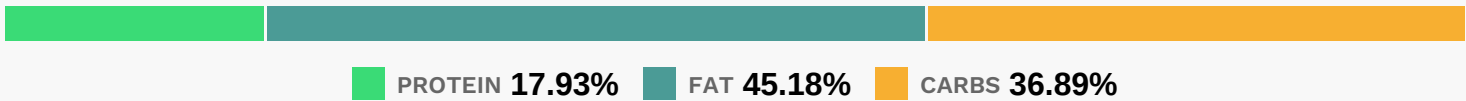
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine the artichokes, half-and-half, garlic, red pepper flakes and 1/4 teaspoon salt in a large skillet and bring to a simmer over medium heat. Cover and cook until the artichokes are tender, about 5 minutes.
- ☐ Add the peas and continue to cook, covered, until tender, about 5 more minutes.
- ☐ Remove from the heat and stir in the lemon zest and juice. Discard the garlic clove.
- ☐ Meanwhile, bring a large pot of salted water to a boil.
- ☐ Add the agnolotti and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta and transfer to the skillet with the sauce.
- ☐ Add the parmesan to the skillet and gently stir until the pasta is coated. Thin the sauce with some of the reserved cooking water. Stir in the basil.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:36.08, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:12.911304368273%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 506.32kcal (25.32%), Fat: 25.83g (39.73%), Saturated Fat: 14.16g (88.5%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 40.56g (14.75%), Sugar: 6.88g (7.65%), Cholesterol: 104.86mg (34.95%), Sodium: 1095.48mg (47.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Iron: 7.79mg (43.29%), Fiber: 6.9g (27.59%), Folate: 107.75µg (26.94%), Vitamin C: 20.54mg (24.9%), Phosphorus: 175.68mg (17.57%), Calcium: 174.68mg (17.47%), Manganese: 0.34mg (17.06%), Vitamin B2: 0.28mg (16.44%), Vitamin K: 16.19µg (15.42%), Vitamin A: 750.97IU (15.02%), Vitamin B1: 0.16mg (10.42%), Potassium: 350.07mg (10%), Magnesium: 38.89mg (9.72%), Vitamin B6: 0.16mg (8.19%), Zinc: 1.19mg (7.91%), Selenium: 5.03µg (7.19%), Vitamin B3: 1.41mg (7.04%), Copper: 0.12mg (5.79%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.2µg (3.32%), Vitamin E: 0.27mg (1.81%)