



Artichoke, Almond, and Parmesan Pasta

READY IN



45 min.

SERVINGS



1

CALORIES



696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons roasted almonds chopped
- 6 artichoke hearts jarred chopped
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons parmesan grated
- 0.8 cup .5 oz. macaroni (such as penne or fusilli)

Equipment

- bowl

Directions

- Cook the pasta according to the package directions.
- Drain and rinse under cold water to cool; transfer to a bowl.
- Add the artichokes, almonds, Parmesan, and oil and toss to combine.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:18.373913141696%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 696.07kcal (34.8%), Fat: 41.75g (64.23%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 63.68g (21.23%), Net Carbohydrates: 58.56g (21.3%), Sugar: 3.1g (3.44%), Cholesterol: 6.8mg (2.27%), Sodium: 187.84mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.26%), Selenium: 52.84µg (75.49%), Vitamin E: 9.26mg (61.74%), Manganese: 1.18mg (59.06%), Phosphorus: 314.44mg (31.44%), Magnesium: 100.14mg (25.03%), Copper: 0.44mg (21.84%), Fiber: 5.11g (20.45%), Calcium: 189.02mg (18.9%), Vitamin B2: 0.31mg (18.14%), Vitamin K: 17.1µg (16.29%), Zinc: 2.01mg (13.4%), Iron: 2mg (11.14%), Vitamin B3: 2.09mg (10.45%), Potassium: 331.69mg (9.48%), Vitamin B1: 0.12mg (7.72%), Vitamin B6: 0.15mg (7.42%), Folate: 23.67µg (5.92%), Vitamin B5: 0.48mg (4.79%), Vitamin B12: 0.12µg (2%), Vitamin A: 78.3IU (1.57%)