



Artichoke and Fava Pappardelle

READY IN



90 min.

SERVINGS



4

CALORIES



776 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 artichokes
- ☐ 1 cup coarse ciabatta bread crumbs divided
- ☐ 5 tablespoons butter divided
- ☐ 0.5 cup chives cut into 1-in. lengths
- ☐ 0.5 cup cooking wine dry white such as sauvignon blanc
- ☐ 2 large garlic cloves finely chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 lemon plus tbsp. lemon juice divided
- ☐ 2 tbsp olive oil extra-virgin divided

- ☐ 12 ounces pappardelle fresh
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 cup use either fresh frozen shelled peeled

Equipment

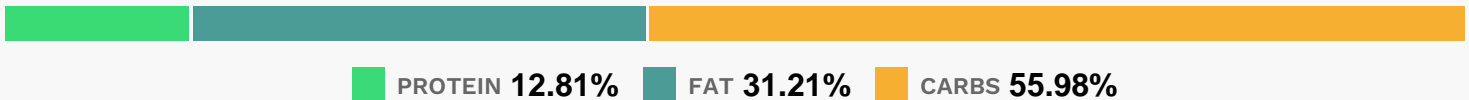
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Squeeze juice of 1 lemon into a bowl of cold water. Prepare artichokes as shown at right and halve pieces again lengthwise; drop into bowl as you go. Set aside.
- ☐ Melt 2 tbsp. butter in a large frying pan over medium heat and add crumbs. Cook, stirring often, until light golden and crisp, 5 minutes.
- ☐ Transfer to a bowl and set aside; wipe pan clean.
- ☐ Drain artichokes.
- ☐ Heat a pot of water to boiling. Meanwhile, heat 2 tbsp. butter and 1 tbsp. oil in frying pan over medium heat.
- ☐ Add artichokes and 1/2 tsp. salt and stir to coat; cook, covered, turning once, until artichokes are light golden and tender, 10 minutes.
- ☐ Transfer to a bowl.
- ☐ Melt remaining 1 tbsp. butter in pan, add garlic, and cook, stirring often, until fragrant, about 1 minute.
- ☐ Add wine and 1 tbsp. lemon juice and cook until slightly reduced, about 3 minutes.
- ☐ Add sauted artichokes and simmer while pasta cooks.
- ☐ Cook pasta as package directs, adding favas to water at the same time (if using peas, add only in the last minute or two).
- ☐ Drain, reserving about 1 cup pasta water.
- ☐ Add pasta and favas to artichokes in pan.

- ☐ Stir in chives, pepper, and remaining 1/2 tsp. salt and 1 tbsp. oil. Cook until heated through, adding pasta water as necessary to moisten.
- ☐ Drizzle with oil, stir in half the bread crumbs, and transfer to a platter.
- ☐ Sprinkle with remaining crumbs and serve with more oil if you like.
- ☐ *Whirl bread in a food processor to make crumbs. To shell and peel fresh favas, remove beans from pods, then boil beans in salted water 2 minutes. Tear beans open at round end and pop out from tough skins. Find frozen peeled favas at Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:31.43, Inflammation Score:-9, Nutrition Score:34.729565112487%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 24.1mg, Naringenin: 24.1mg, Naringenin: 24.1mg, Naringenin: 24.1mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 775.8kcal (38.79%), Fat: 26.89g (41.36%), Saturated Fat: 11.39g (71.22%), Carbohydrates: 108.5g (36.17%), Net Carbohydrates: 92.14g (33.51%), Sugar: 6.06g (6.74%), Cholesterol: 109.07mg (36.36%), Sodium: 1092.14mg (47.48%), Alcohol: 3.1g (100%), Alcohol %: 0.97% (100%), Protein: 24.83g (49.66%), Selenium: 75.49µg (107.84%), Manganese: 1.68mg (83.95%), Fiber: 16.35g (65.41%), Folate: 224.63µg (56.16%), Magnesium: 193.56mg (48.39%), Phosphorus: 472.55mg (47.26%), Vitamin K: 48.07µg (45.78%), Copper: 0.86mg (43.24%), Vitamin B1: 0.58mg (38.98%), Vitamin C: 28.84mg (34.95%), Iron: 6.04mg (33.55%), Potassium: 1092.52mg (31.21%), Vitamin B3: 5.87mg (29.36%), Vitamin B6: 0.49mg (24.61%), Zinc: 3.36mg (22.38%), Vitamin B2: 0.36mg (20.9%), Calcium: 188.63mg (18.86%), Vitamin B5: 1.68mg (16.81%), Vitamin A: 739.4IU (14.79%), Vitamin E: 2.15mg (14.31%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.26µg (1.7%)