



Artichoke-and-Pasta Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce artichoke hearts divided drained canned
- 0.3 teaspoon pepper black
- 0.5 teaspoon basil dried
- 1 ounce feta cheese crumbled
- 1 garlic clove minced
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 0.3 teaspoon oregano dried

- 2 cups pkt spinach thinly sliced
- 1 cup tomatoes seeded chopped
- 1 tablespoon water
- 3 cups radiatore cooked uncooked (5 ounces short coiled pasta)
- 3 cups radiatore cooked uncooked (5 ounces short coiled pasta)

Equipment

- food processor
- bowl
- blender

Directions

- Combine 2 artichoke hearts, olive oil, and the next 6 ingredients (olive oil through garlic) in a blender or food processor, and process until mixture is smooth.
- Chop the remaining artichoke hearts.
- Combine the chopped artichokes, pasta, spinach, and chopped tomato in a large bowl.
- Pour pureed artichoke mixture over pasta mixture, and toss well to coat. Cover and chill 2 hours.
- Sprinkle with feta cheese.

Nutrition Facts

PROTEIN 12.5% **FAT 55.21%** **CARBS 32.29%**

Properties

Glycemic Index:27.33, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:6.2047825714816%

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: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 57.1kcal (2.86%), Fat: 3.46g (5.32%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 2.9g (1.06%), Sugar: 1.28g (1.42%), Cholesterol: 4.21mg (1.4%), Sodium: 307.63mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin K: 53.84µg (51.28%), Vitamin A: 1167.19IU (23.34%), Vitamin C: 7.34mg (8.89%), Manganese: 0.15mg (7.55%), Fiber: 1.64g (6.57%), Folate: 25.62µg (6.41%), Vitamin E: 0.71mg (4.74%), Calcium: 40.4mg (4.04%), Vitamin B2: 0.07mg (3.88%), Potassium: 126.54mg (3.62%), Vitamin B6: 0.07mg (3.45%), Magnesium: 12.79mg (3.2%), Phosphorus: 28.23mg (2.82%), Iron: 0.51mg (2.81%), Vitamin B1: 0.03mg (1.74%), Copper: 0.03mg (1.74%), Zinc: 0.25mg (1.65%), Vitamin B3: 0.28mg (1.41%), Vitamin B12: 0.08µg (1.33%), Selenium: 0.89µg (1.28%)