



## Artichoke and Sun-Dried Tomato Pasta Salad



Dairy Free

READY IN



60 min.

SERVINGS



25

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 16 oz artichoke hearts frozen dry thawed
- ☐ 0.3 cup capers drained and rinsed
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup flat-leaf parsley loosely packed chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.3 cup olives green pitted sliced
- ☐ 1 Tbsp lemon zest

- ☐ 6 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 pound rotini pasta
- ☐ 25 servings salt and pepper
- ☐ 7.5 oz sun-dried tomatoes drained thinly sliced in oil

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

## Directions

- ☐ Preheat oven to 350F. Toss artichokes with crushed red pepper, garlic and 2 Tbsp. olive oil; season with salt and pepper.
- ☐ Place in a single layer on a large baking sheet and bake until garlic is golden and edges of artichokes begin to brown, 20 to 25 minutes, stirring occasionally. Cool slightly.
- ☐ Bring a pot of salted water to a boil. Cook pasta until just tender, about 8 minutes. Rinse under cold water; drain.
- ☐ Transfer to a serving bowl. Toss with tomatoes, onion, olives and artichokes.
- ☐ In a bowl, roughly mash capers with a fork. Stir in vinegar, mustard and lemon zest and juice. Measure 2 Tbsp. oil from sun-dried tomatoes; add to remaining olive oil. Slowly pour oil into vinegar mixture, whisking.
- ☐ Pour over pasta mixture; toss. Stir in parsley. Season with salt and pepper.
- ☐ Serve at room temperature or chilled.

## Nutrition Facts



☐ PROTEIN 10.49% ☐ FAT 36.09% ☐ CARBS 53.42%

## Properties

Glycemic Index:5.44, Glycemic Load:5.5, Inflammation Score:-4, Nutrition Score:6.0673912711765%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 126.7kcal (6.34%), Fat: 5.22g (8.03%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 15.4g (5.6%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 306.03mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin K: 22.21µg (21.15%), Selenium: 11.94µg (17.06%), Vitamin C: 11.76mg (14.25%), Manganese: 0.26mg (13.18%), Fiber: 1.99g (7.95%), Folate: 30.43µg (7.61%), Potassium: 230.2mg (6.58%), Phosphorus: 58.71mg (5.87%), Magnesium: 23.11mg (5.78%), Copper: 0.12mg (5.76%), Vitamin A: 254.13IU (5.08%), Vitamin B2: 0.07mg (4.33%), Vitamin B3: 0.81mg (4.06%), Vitamin E: 0.61mg (4.04%), Iron: 0.71mg (3.94%), Vitamin B6: 0.08mg (3.84%), Vitamin B1: 0.05mg (3.1%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.16mg (1.63%), Calcium: 16.15mg (1.62%)